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A  
THOUSAND WAYS  
TO PLEASE  
A HUSBAND

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LOUISE BENNETT WEAVER

&

HELEN COWLES LECRON

1917





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# A THOUSAND WAYS TO PLEASE A HUSBAND





# A THOUSAND WAYS

TO PLEASE A HUSBAND

WITH  
BETTINA'S BEST RECIPES

—BY—

LOUISE BENNETT WEAVER  
AND  
HELEN COWLES LECRON



*The Romance of Cookery*

AND HOUSEKEEPING

Decorations by  
ELIZABETH COLBOURNE

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## A DEDICATION

*To every other little bride  
Who has a "Bob" to please,  
And says she's tried and tried and tried  
To cook with skill and ease,  
And can't!—we offer here as guide  
Bettina's Recipes!*

*To her whose "Bob" is prone to wear  
A sad and hungry look,  
Because the maid he thought so fair  
Is—well—she just can't cook!  
To her we say: do not despair;  
Just try Bettina's Book!*





### ***JUNE.***

*No, you cannot live on kisses,  
Though the honeymoon is sweet,  
Harken, brides, a true word this is,—  
Even lovers have to eat.*



## CHAPTER I

### HOME AT LAST



“HOME at last!” sighed Bettina happily as the hot and dusty travelers left the train.

“Why that contented sigh?” asked Bob. “Because our wedding trip is over? Well, anyhow, Bettina, it’s after five. Shall we have dinner at the hotel?”

“Hotel? Why, Bob! with our house and our dishes and our silver just waiting for us? I’m ashamed of you! We’ll take the first car for home—a street-car, not a taxi! Our extravagant days are over, and the time has come to show you that Bettina knows how to keep house. You think that you love me now, Bobby, but just wait till you sit down to a real strawberry shortcake made by a real cook in a real home!”

Half an hour later Bob was unlocking the door of the new brown bungalow. “Isn’t it a dear?” cried Bettina proudly. “When we’ve had time to give it grass and shrubs and flowers and a vegetable garden, no place in town will equal it! And as for porch furniture, how I’d like to get at Mother’s attic and transform some of her discarded things!”

“Just now I’d rather get at some of Mother’s cooking!” grinned Bob.

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"Oh, dear, I forgot! I'll have supper ready in ten minutes. Do you remember my emergency shelf? Why, Bob—Bob, they must have known we were coming! Here's ice—and milk—and cream—and butter—and bread—and rolls, and even a grape fruit! They knew, and didn't meet the train because they thought we would prefer to have our first meal alone! Wasn't that dear of them? And this will save you a trip to the corner grocery!"

Bettina fastened a trim percale bungalow apron over her traveling suit, and swiftly and surely assembled the little meal.

"I like that apron," said Bob. "It reminds me of the rainy day when we fixed the emergency shelf. That was fun."

"Yes, and work too," said Bettina, "but I'm glad we did it. Do you remember how much I saved by getting things in dozen and half dozen lots? And Mother showed me how much better it was to buy the larger sizes in bottled things, because in buying the smaller bottles you spend most of your money for the glass. Now that you have to pay my bills, Bob, you'll be glad that I know those things!"

"I think you know a great deal," said Bob admiringly. "Lots of girls can cook, but mighty few know how to be economical at the same time! It's great to be your——"

"Dinner is served," Bettina interrupted. "It's a 'pick-up meal,' but I'm hungry, aren't you? And after this, sir, no more canned things!"

And Bob sat down to:

Creamed Tuna on Toast Strips  
Canned Peas with Butter Sauce  
Rolls                      Butter  
Strawberry Preserves  
Hot Chocolate with Marshmallows

### BETTINA'S RECIPES

(All measurements are level)

#### Creamed Tuna on Toast Strips (Two portions)

1 T-butter	½ slice pimento
1 T-flour	1 C-milk
¼ t-salt	3 slices of bread
	½ C-tuna

Melt the butter, add the flour, salt and pimento. Mix well. Gradually pour in the milk. Allow the mixture to boil one minute. Stir constantly. Add the fish, cook one minute and pour over toasted strips of bread.

#### **Hot Chocolate** (Three cups)

1 square of chocolate	2 C-milk
3 T-sugar	¼ t-vanilla
2/3 C-water	3 marshmallows

Cook chocolate, sugar and water until a thin custard is formed. Add milk gradually and bring to a boil. Whip with an egg beater, as this breaks up the albumin found in chocolate, and prevents the coating from forming over the top. Add vanilla and marshmallows. Allow to stand a moment and pour into the cups.

#### **Strawberry Preserves** (Six one-half pt. glasses)

4 lbs. berries	3lbs. sugar
3 C-water	

Pick over, wash and hull the berries. Make a syrup by boiling the sugar and water fifteen minutes. Fill sterilized jars with the berries. Cover with syrup and let stand fifteen minutes to settle. Add more berries. Adjust rubbers and covers. Place on a folded cloth in a kettle of cold water. Heat water to boiling point and cook slowly one hour. Screw on covers securely.

#### **On Bettina's Emergency Shelf**

6 cans pimentos (small size)	6 cans tomatoes
6 cans tuna (small size)	6 pt. jars pickles
6 cans salmon (small size)	6 pt. jars olives
6 jars dried beef	6 small cans condensed milk
12 cans corn	6 boxes sweet wafers
12 cans peas	1 pound box salted codfish
6 cans string beans	3 pkg. marshmallows
6 cans lima beans	3 cans mushrooms
6 cans devilled ham (small size)	2 pkg. macaroni

## CHAPTER II

### BETTINA'S FIRST REAL DINNER

“**S**AY, isn't it great to be alive.!” exclaimed Bob, as he looked across the rose-decked table at the flushed but happy Bettina. “And a beefsteak dinner, too!”

“Steak is expensive, dear, and you'll not get it often, but as this is our first real dinner in our own home, I had to celebrate. I bought enough for two meals, because buying steak for one meal for two people is beyond any modest purse! So you'll meet that steak again tomorrow, but I don't believe that you'll bow in recognition!”

“So you marketed today, did you?”

“Indeed I did! I bought a big basket, and went at it like a seasoned housekeeper. I had all the staples to get, you know, and lots of other things. After dinner I'll show you the labelled glass jars on my shelves; it was such fun putting things away! June is a wonderful month for housekeepers. I've planned the meals for days ahead, because I know that's best. Then I'll go to the market several times a week, and if I plan properly I won't have to order by telephone. It seems so extravagant to buy in that way unless you know exactly what you are getting. I like to plan for left-overs, too. For instance, the peas in this salad were left from yesterday's dinner, and the pimento is from that can I opened. Then, too, I cooked tomorrow's potatoes with these to save gas and bother. You'll have them served in a different way, of course. And—— Oh, yes, Bob,” Bettina chattered on, “I saw Ruth down town, and have asked all five of my brides-

maids to luncheon day after tomorrow. Won't that be fun? But I promise you that the neglected groom shall have every one of the good things when he comes home at night!"

"It makes me feel happy, I can tell you, to have a home like this. It's pleasant to be by ourselves, but at the same time I can't help wishing that some of the bachelors I know could see it all and taste your cooking!"

"Well, Bob, I want you to feel free to have a guest at any time. If my dinners are good enough for you, I'm sure they're good enough for any guest whom you may bring. And it isn't very hard to make a meal for three out of a meal for two. Now, Bobby, if you're ready, will you please get the dessert?"

"What? Strawberry shortcake? Well, this is living! I tell you what, Bettina, I call this a regular man-size meal!"

It consisted of:

Pan-Broiled Steak	New Potatoes in Cream
Baking-Powder Biscuits	Butter
Rhubarb Sauce	Pea and Celery Salad
Strawberry Short-cake	Cream
Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### **Pan-Broiled Steak** (Two portions)

1 lb. steak	$\frac{1}{8}$ t-pepper
1 T-butter	2 T-hot water
1 t-salt	1 t-parsley chopped

Wipe the meat carefully with a wet cloth. Remove superfluous fat and any gristle. Cut the edges to prevent them from curling up. When the broiling oven is very hot, place the meat, without any fat, upon a hot flat pan, directly under the blaze. Brown both sides very quickly. Turn often. Reduce heat and continue cooking about seven minutes, or longer if desired. Place on a warm platter; season with salt, pepper and bits of butter. Set in the oven a moment to melt the butter. If salt is added while cooking, the juices will be drawn out. A gravy may be made by adding hot water, butter, salt, pepper and parsley to the pan. Pour the gravy over the steak.

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### **New Potatoes in Cream** (Two portions)

4 new potatoes    1 qt. water  
                         1 t-salt

Scrape four medium sized new potatoes. Cook in boiling water (salted) until tender when pierced with a fork. Drain off the water, and shake the kettle over the fire gently, to allow the steam to escape and make the potatoes mealy. Make the following white sauce and pour over the potatoes.

### **White Sauce for New Potatoes** (Two portions)

2 T-butter    1 c-milk  
2 T-flour     $\frac{1}{2}$  t-salt  
                  $\frac{1}{4}$  t-paprika

Melt the butter, add the flour, salt and paprika. Thoroughly mix, slowly add milk, stirring constantly. Allow sauce to cook two minutes.

### **Strawberry Shortcake** (Two portions)

2 T-lard                     $\frac{1}{3}$  t-salt  
1 T-butter                4 t-baking powder  
2 c-sifted flour        1 qt. strawberries  
 $\frac{3}{4}$  C-milk                 $\frac{2}{3}$  C-sugar

Cut the fat into the flour, salt and baking powder until the consistency of cornmeal. Gradually add the milk, using a knife to mix. Do not handle any more than absolutely necessary. Toss the dough upon a floured board or a piece of clean brown paper. Pat into the desired shape, and place in a pan. Bake in a hot oven for 12 to 15 minutes. Split, spread with butter, and place strawberries, crushed and sweetened, between and on top. Serve with cream.



## CHAPTER III

### BETTINA'S FIRST GUEST

**“HELLO!** Yes, this is Bettina! Why, Bob, of course! Is he a real woman-hater? No, I've never met any, but I'll just invite Alice, too, and tomorrow you won't be calling him that. Six-thirty? Yes, I'll be ready for you both; I'm so glad you asked him. He'll be our first guest! Good-bye!”

Bettina left the telephone with more misgivings than her tone had indicated. She couldn't disappoint Bob, and she liked unexpected company, but the dinner which she had planned was prepared largely from the recipes filed as “left-overs” in her box of indexed cards.

“Well, Bob will like it, anyhow,” she declared confidently, “and if Alice can come, we'll have enough scintillating table-talk to make up for disappointments.”

Alice accepted with delight, promising to wear “a dream of a gown that just came home,” and confessing to a sentimental feeling at the thought of dining with such a new bride and groom.

“Let's see,” said Bettina in her spick and span little kitchen, “there is meat enough, but I must hard-boil some eggs to help out these potatoes. ‘Potatoes Anna’ will be delicious. Goodness, what would my home economics teacher have said if she had heard me say ‘hard-boil’? They mustn't really be boiled at all, just ‘hard-cooked’ in water kept at the boiling point. There will be enough baked green peppers for four, and enough of the pudding, and if I add some very good coffee,

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I don't believe that Bob's Mr. Harrison will feel that women are such nuisances after all! It isn't an elaborate meal, but it's wholesome, and at any rate, our gas bill will be a little smaller because everything goes into the oven."

When Alice arrived, Bettina was putting the finishing touches on her table. "Alice, you look stunning!"

"And you look lovely, which is better! And the table is charming! Those red clover blossoms in that brown basket make a perfect center-piece! How did you think of it?"

"Mother Necessity reminded me, my dear! My next door neighbor has roses, but I covet some for my luncheon tomorrow, and did not like to ask for any today. So I had to use these red clover blooms from our own back yard. They are simple, like the dinner."

"Don't you envy me, Harrison?" asked Bob at the table. "This is my third day of real home cooking! You were unexpected company, too!"

The dinner consisted of:

	Boubons with Tomato Sauce	
Potatoes Anna	Baked Green Peppers Stuffed	
Bread	Butter	
Cottage Pudding	Lemon Sauce	
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Boubons (Four portions)

- 1 C-cooked meat ground fine (one or more kinds may be used)
- 2 T-fresh bread crumbs
- $\frac{1}{4}$  t-pepper
- $\frac{1}{2}$  C-milk
- 1 T-green pepper or pimento chopped fine
- $\frac{1}{4}$  t-celery salt
- 1 egg
- $\frac{1}{2}$  t-salt
- 1 t-butter (melted)

Beat the egg, add milk, seasonings, melted butter, bread-crumbs and meat. Mix thoroughly. Fill buttered cups three-fourths full of mixture. Place in a pan of boiling water, and

bake in a moderate oven fifteen minutes. The mixture is done as soon as it resists pressure in the center. Allow them to remain in the pans a few minutes, then remove carefully upon a serving plate. They may be made in a large mould or individual ones. Serve with the following sauce.

**Tomato Sauce (Four portions)**

1 C-tomatoes	$\frac{1}{2}$ t-sugar
1 slice onion	$\frac{1}{2}$ C-water
4 bay leaves	2 T-butter
4 cloves	2 T-flour
	$\frac{1}{2}$ t-salt

Simmer the tomatoes, onion, bay leaves, cloves, sugar and water for fifteen minutes, rub through the strainer. Melt butter, add flour and salt, add strained tomato juice and pulp. Cook until the desired consistency.

**Potatoes Anna (Four portions)**

1 $\frac{1}{2}$ C-cooked diced potatoes	$\frac{1}{2}$ t-celery salt
2 hard-cooked eggs	$\frac{1}{4}$ t-onion salt
1 C-thin white sauce	

Place alternate layers of diced cooked potatoes and sliced hard-cooked eggs in a baking dish. Season. Pour a thin white sauce over all of this. Place in a moderate oven fifteen minutes.

**Stuffed Green Peppers (Four portions)**

4 green peppers    4 C-boiling water

Remove the stems of the peppers and take out all the contents. Remove small slices from the blossom end so they will stand. Cover peppers with boiling water, allow to stand five minutes and drain. Fill with any desired mixture. Bake in a moderate oven twenty-five minutes, basting frequently with hot water.

**Filling for Peppers (Four portions)**

1 C-fresh bread crumbs	$\frac{1}{2}$ t-salt
1 t-chopped onion or $\frac{1}{4}$ T-onion salt	1 T-melted butter
$\frac{1}{3}$ C-chopped ham, or 1 T-salt pork	$\frac{1}{8}$ t-paprika
2 T-water	

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Mix thoroughly and fill the pepper cases.

### **Baked Cottage Pudding** (Four portions)

1 C-flour	1/3 C-sugar
1 2/3 t-baking powder	2 T-melted butter
1/4 t-salt	1/2 C-milk
1 well-beaten egg	1/4 t-vanilla or lemon extract

Mix dry ingredients, add egg and milk. Beat well and add melted butter and extract. Bake twenty-five minutes in a well buttered mould. Serve hot with the following sauce:

### **Lemon Sauce** (Four portions)

1/2 C-sugar	1 t-butter
1 1/2 T-flour	1 t-lemon extract or 1/2 t-lemon juice
1 C-hot water	1/2 t-salt

Mix sugar, flour and salt. Slowly add the hot water. Cook until thick, stirring constantly. Add flavoring and butter.

## CHAPTER IV

### BETTINA GIVES A LUNCHEON

“O YOU darling Bettina! Did you do it all yourself?” Mary exclaimed impulsively, as the girls admired the dainty first course which their hostess set before them. “Everything is pink and white, like the wedding!”

“Yes,” said Bettina, “and those maline bows on the basket of roses actually attended my wedding. And after this is over, you may see that maline again. I expect to press it out and put it away for other pink luncheons in other Junes! Today, since my guests were to be just my bridesmaids, I thought that a pink luncheon would be the most appropriate kind.”

“Isn’t it fine to be in Bettina’s own house? I can’t realize it!” said Ellen. “And the idea of daring to cook a whole luncheon and serve it in courses all by herself! Why, Bettina, how did you know what to have?”

“Well,” said Bettina, “I went to the market and saw all the inexpensive things that one can buy in June! (They had to be inexpensive! Why, if I were to tell you just what this luncheon cost, you’d laugh. But I want you to like it all before I give that secret away.) And then in planning my menu, I thought of pinky things that went together. That was all, you see.”

“But didn’t it take hours and hours to prepare everything?”

“Why, no. I thought it all out first, and wrote it down, and did most of it yesterday. I’ve found that five minutes of planning is worth five hours of unplanned work. I haven’t hurried, and as Bob will have this same meal as his dinner tonight, I didn’t have to think of him except to plan for more.

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You see, I estimated each portion as carefully as I could, for it isn't necessary to have a lot of left-over things. Tonight I'll wear this same pink gown at dinner so that Bob will get every bit that he can of my first luncheon except the silly girls who flattered the cook."

"Bettina, there are so many things I'd like to ask you!" said Ruth, who was a little conscious of the shining ring on her left hand. "Tell me, for instance, how you shaped these cunning timbales. With your hands?"

"With a conical ice-cream mould. It is so easy that way."

"And this salad! Fred is so fond of salad, but I don't know a thing about making it."

"Well, I washed the lettuce thoroughly, and when it was very wet I put it on the ice in a cloth. I poured boiling water over these tomatoes to make the skins peel off easily. And, oh, yes, these cucumbers are crisp because I kept the slices in ice water for awhile before I served them. Good salad is always very cold; the ingredients ought to be chilled before they are mixed."

"These dear little cakes, Bettina! How could you make them in such cunning shapes?"

"With a fancy cutter. And I dipped it in warm water each time before I used it, so that it would cut evenly. I'd love to show you girls all that I know about cooking. Do learn it now while you're at home; it will save much labor and even tears! Why, Bob said——"

"I knew that was coming!" laughed Alice. "Girls, in self-defense, let's keep the conversation strictly on Betty's menu, and away from Betty's husband!"

And so they discussed:

	Strawberries au Naturel	
Kornlet Soup		Whipped Cream
	Croutons	
Buttered Beets	Salmon Timbales with	Egg Sauce
Pinwheel Biscuit		Potato Croquettes
Vegetable Salad		Butter Balls
	Salad Dressing	
	Wafers	
Fancy Cakes		Coffee



**BETTINA'S RECIPES**

(All measurements are level)

**Strawberries au Naturel (Ten portions)**

2 quarts strawberries 1 C-powdered sugar

Pick over selected berries, place in a colander and wash, draining carefully. Press powdered sugar into cordial glasses to shape into a small mould. Remove from glasses onto centers of paper doilies placed on fruit plates. Attractively arrange ten berries around each mound. Berries should be kept cool and not hulled. Natural leaves may be used very effectively on the doily.

**Croutons for the Soup (Ten portions)**4 slices bread 2 T-butter (melted)  
1/2 t-salt

Cut stale bread in one-third inch cubes. Brown in the oven. Add melted butter and salt. Mix and reheat the croutons.

**Salmon Timbales (Eight portions)**1 C-salmon flaked 2/3 C-milk  
1/4 C-bread crumbs 1 T-lemon juice  
1 slightly beaten egg 1/8 t-paprika  
1/4 t-salt

Mix ingredients in order named. Fill small buttered moulds or cups one-half full. Set in a pan of hot water, and bake twenty minutes in a moderate oven. Serve with following sauce:

**Egg Sauce (Eight portions)**3 T-butter 1/2 t-salt  
3 T-flour 1/4 t-pepper  
1 1/2 C-milk 1 egg yolk

Melt the butter, stir flour in well, and slowly add the milk. Let it boil about two minutes, stirring constantly. Season, add yolk of egg, and mix well. (The oil from the salmon may be substituted for melted butter as far as it will go.)

**White Cakes (Sixteen cakes)**1/3 C-butter 3 t-baking powder  
1 C-sugar 1/2 t-lemon extract  
2/3 C-milk 1/2 t-vanilla  
2 C-sifted flour 3 egg whites

Cream butter, add sugar, and continue creaming. Alternately add the dry ingredients mixed and sifted. Add the milk. Beat well, add flavoring. Fold in the stiffly beaten whites. Spread evenly, two-thirds of an inch thick, on waxed paper, placed in a pan. Bake twenty minutes in moderate oven. Remove from oven, allow cake to remain in pan five minutes. Carefully remove and cool. Cut with fancy cutters.

#### **White Mountain Cream Icing for Cakes**

1 C-granulated sugar	$\frac{1}{4}$ C-water
$\frac{1}{8}$ t-cream tartar	1 egg white
$\frac{1}{2}$ t-vanilla	

Boil the sugar, water and cream of tartar together without stirring. Remove from fire as soon as the syrup hairs when dropped from a spoon. Pour very slowly onto the stiffly beaten egg white. Beat vigorously with sweeping strokes until cool. If icing gets too hard to spread, add a little warm water and keep beating. Add extract and spread on cakes. Decorate with tiny pink candies.

## CHAPTER V

### BOB HELPS TO GET DINNER

“**G**UESS who!” said a voice behind Bettina, as two hands blinded her eyes.

“Why, Bob, dear! Good for you! How did you get home so early?”

“I caught a ride with Dixon in his new car. And I thought you might need me to help get dinner; it’s nice to be needed! But here I’ve been picturing you toiling over a hot stove, and, instead, I find you on the porch with a magazine, as cool as a cucumber!”

“The day of toiling over a hot stove in summer is over. At least for anyone with sense! But I’m glad you did come home early, and you *can* help with dinner. Will you make the French dressing for the salad? See, I’ll measure it out, and you can stir it this way with a fork until it’s well mixed and a little thick.”

“I know a much better way than that. Just watch your Uncle Bob; see? I’ll put it in this little Mason jar and shake it. It’s a lot easier and—there you are! We’ll use what we need tonight, put the jar away in the ice-box, and the next time we can give it another good shaking before we use it.”

“Why, Bob, what an ingenious boy you are! I never would have thought of that!”

“You married a man with brains, Betty dear! What is there besides the salad?”

“Halibut steak. It’s Friday, you know, and there is such good inexpensive fish on the market. A pound is plenty for

us. The potatoes are ready for the white sauce, the beans are in the fireless cooker, and for dessert there is fresh pineapple sliced. The pineapple is all ready. Will you get it, dear? In the ice-box in a covered jar."

"Why didn't you slice it into the serving dish?"

"Because it had to be covered tight. Pineapple has a penetrating odor, and milk and butter absorb it in no time."

"What else shall I do, Madam Bettina?"

"Well, you may fix the lemon for the fish. No, not sliced; a slice is too hard to handle. Just cut it in halves and then once the other way, in quarters; see? You may also cut up a little of that parsley for the creamed new potatoes. That reminds me that I am going to have parsley growing in a kitchen window box some day. Now you can take the beans out of the cooker, and I'll put butter sauce on them. No, it isn't really a sauce,—just melted butter with salt and pepper. There, Bobby dear! Dinner is served, and you helped! How do you like the coreopsis on the table?"

"You always manage to have flowers of some kind, don't you, Betty? I'm growing so accustomed to that little habit of yours that I suppose I wouldn't have any appetite if I had to eat on an ordinary undecorated table!"

"Don't you make fun of me, old fellow! You'd have an appetite no matter when, how or what you had to eat! But things are good tonight, aren't they?"

Bob had helped to prepare:

Halibut Steak	New Potatoes in Cream
String Beans	Butter Sauce
Bread	Butter
Tomato, Cucumber and Pimento Salad	French Dressing
Sliced Fresh Pineapple	

### BETTINA'S RECIPES

(All measurements are level)

**Halibut Steak** (Two portions)

$\frac{2}{3}$  lb. Halibut Steak  $\frac{1}{2}$  t-salt  
 $\frac{3}{4}$  T-flour  $\frac{1}{4}$  t-paprika

Wash one pound of Halibut steak and wipe dry. Cut in two pieces. Roll in flour, and cook ten minutes in a frying pan

in hot fat. Brown on one side, and then on the other. Season with salt and paprika. Serve very hot.

**String Beans with Butter Sauce (Two portions)**

1½ C-string beans	1 T-butter
2 C-water	1 t-salt
	¼ t-paprika

Remove ends and strings from green beans. Add water and cook over a moderate fire for twenty-five minutes. Drain off the water, add butter, salt and paprika. Reheat and serve.

**Tomato, Cucumber and Pimento Salad (Two portions)**

1 tomato sliced	1 t-salt
½ C-sliced cucumbers	¼ t-paprika
1 T-pimento cut fine	2 pieces lettuce

Arrange lettuce on serving dishes. Place portions of tomato, cucumber and pimento on the lettuce. Sprinkle with salt and paprika. Serve with French dressing.

**French Dressing (Two portions)**

4 T-olive oil	½ t-salt
2 T-vinegar	¼ t-paprika

Mix ingredients, which have been thoroughly chilled, and beat until the mixture thickens. Pour over the vegetables.

**Pineapple Sliced (Two portions)**

1 pineapple	½ C-sugar
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Remove the skin and eyes from the pineapple. Cut cross-wise in half-inch slices, and the slices in cubes, at the same time discarding the core. Sprinkle with sugar and stand in a cold place for an hour before serving.

## CHAPTER VI

### COUSIN MATILDA CALLS

“**H**ELLO, is this you, Bettina? This is Mother! I’ll have to speak in a low voice. Who do you think is here? No,—Cousin Matilda! Just between trains, but she says she must see how you are ‘situated’! Clementine has such a wonderful establishment now, you know! No, of course not, but I want her to see how happy you are. She seems to have the idea that an ‘establishment’ is necessary! Just to see the house, you know! I know the porch isn’t ready, but don’t worry! About three, then. Good-by!”

That afternoon Bettina looked anxiously through the living room window across the bare little front yard. If only critical Cousin Matilda had waited a few months before coming! But then, the only thing to do was to be as cheerful about it as possible——

“So this is little Bettina!” said a majestic voice at the door. “And how is love in a cottage? How charmingly simple everything is!”

“They planned it all just as they wanted it,” explained Bettina’s mother proudly. “On a small scale, of course, but perhaps some day——”

“But I couldn’t ever be happier than I am right now, Cousin Matilda. What do you think of our big living room? Browns and tans seemed best and safest in a little house like this, and I knew I shouldn’t tire of them as of any other color! I do so dislike going into a bungalow with one little room in blue, another in pink, and so on. The walls are all alike, even in

the bedrooms. And the curtains are just simple cotton voiles, ecru in the living and dining rooms, and white in the bedrooms. No side curtains to catch the dust and keep out the air. But I beg your pardon for seeming too complacent; I love it all so that I just can't help boasting."

"What is this, my dear? A wedding gift?"

"Yes, isn't it lovely? It is a sampler in cross-stitch that Bob's great-great-grandmother made! His Aunt Margaret had it put under the glass cover of this tea cart, and gave it to us for a wedding present. See, the cart is brown willow, and I think it looks well with our furniture, don't you? This is to be a living porch, but we haven't furnished it yet except for this green matting rug. And Bob brought that hanging basket home from the florist's the other day. . . . Oh, yes, this is my Japanese garden! Bob laughs at me, I have so much fun watching it."

"What a lovely table decoration those red cherries make in your dining room, my dear! Like a picture, in that piece of dull green pottery!"

"Yes, Bob says I decorate the table differently for every meal! We use this breakfast alcove for breakfast, Sunday evening tea, or any informal meal when we are alone. You see how convenient it is! I do want to put a round serving table with leaves on our living porch. Then we can eat there on warm evenings in summer."

"Bettina is very accomplished in economy," said her mother. "You must let her tell you some of her methods."

"Clementine would be interested, I'm sure," said Cousin Matilda in her languid way. "Is this your guest room?"

"Yes, and Bob and I are proud of that. We white enameled the furniture ourselves! It is some that we found in a second-hand store, and it was certainly a bargain, though it didn't look it at the time. I sewed the rags together for these blue and white rugs. Bob made that little open desk out of a small table that we found somewhere. Now that it is white, too, I think it is cunning. And, Cousin Matilda, I give you three guesses as to the place in which I keep my sewing machine!"

"Why, I haven't seen it yet. In the kitchen?"

"Goodness, no! Well, I'll tell you! This looks like a dressing table, but is merely a shelf with a mirror above it. The shelf has a cretonne cover and 'petticoat' that reaches the floor. And underneath it—behold the sewing machine! Bob made the shelf high enough and wide enough to let the sewing machine slip under it! But, Cousin Matilda, you must be tired of Bettina's economies! Please sit down with mother in the living room and I will get the 'party.'"

And Bettina wheeled her tea cart into the kitchen, returning with luncheon napkins, plates, glasses, a pitcher of iced fruit juice, a plate of little chocolate cakes, and several sprays of wild roses.

"What delicious little cakes, Bettina! At least you can't be called economical when you serve such rich and dainty food as this!"

"I must plead guilty still, Cousin Matilda. I made these little cakes partly from dry bread crumbs. The fruit juice is mostly from the pineapple which Bob had for dessert last night. I cooked the core with about two cups of water and added it to the lemonade."

"Bettina, Bettina! How did you learn these things? Robert is certainly a lucky man, and I'm sure that some day he will be a wealthy one! You must give me the recipes you used!"

And Bettina wrote them down as follows:

### BETTINA'S RECIPES

(All measurements are level)

#### Little Chocolate Cakes (Twelve cakes)

2 eggs	1 C-dry bread crumbs
$\frac{1}{4}$ C-butter	3 T-flour
$\frac{1}{2}$ C-sugar	1 t-vanilla
	3 squares chocolate

Cream the butter, add sugar, and cream the mixture. Add the beaten eggs and stir well. Add melted chocolate, bread crumbs, flour and flavoring. Spread the mixture very thinly on a buttered pan, and bake twenty minutes in a slow oven. Shape with a tiny biscuit cutter, and put together in pairs with



mountain cream icing between and on top. (Icing recipe already given.)

**Fruit Juice (Eight glasses)**

1 C-sugar    2 C-water  
1½ C-lemon juice

Boil sugar and water ten minutes without stirring, add lemon juice, and any other fruit juices. Cool and bottle. Keep on ice and dilute with ice water when desired for use. Serve mint leaves with the fruit juice.



## CHAPTER VII

### A NEW-FASHIONED SUNDAY DINNER



“YOU will go to church with us this morning, Bettina?” asked Bob’s cousin Henry, known also as the Rev. Henry Clinkersmith, as he came into Bettina’s immaculate kitchen one Sunday.

“Yes, indeed, I will go!” Bettina answered him. “Is it nearly ten o’clock? Oh, yes, nine forty-five. I’ll go at once and get

ready.”

Cousin Henry had arrived late Saturday evening. He was filling the pulpit of a friend that Sunday morning.

Bettina finished arranging the low bowl of pansies which was to be her table decoration. “For the dinner table,” she explained to Cousin Henry.

“And Bob,” she said as they walked to church (Cousin Henry was ahead with an old friend), “I do believe he was worried about dinner. There wasn’t a trace of any preparation to be seen! You know I made the cake and the salad dressing yesterday, and the lettuce was on the ice. The sherbet was on the porch (I bought it, you know), and the lamb and potatoes were in the cooker.”

“Well, let him worry! How long will it take to get it ready after we get home?”

"About fifteen minutes. The table is set, but I'll have to warm the plates and take things up. Then there's the gravy to make, of course."

"All I can say is this," said Cousin Henry at dinner, as he passed his plate for a second helping, "since you've explained the mysteries of the fireless cooker, I realize how it would have helped those cold Sunday dinners of the past generation. The women could have obeyed the fourth commandment and given their families a good Sunday dinner, too!"

That day they had:

Leg of Lamb with Potatoes	Lamb Gravy
Head Lettuce	Thousand Island Dressing
	Mint Sauce
Bread	Butter
Pineapple Sherbet	Bettina's Loaf Cake
	Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Roast Leg of Lamb with Potatoes (Ten portions)

A 4-lb. leg of lamb	$\frac{1}{4}$ t-paprika
6 large potatoes	1 T-salt
2 T-lard	

Wash the lamb with a damp cloth. Wipe dry and sprinkle with two teaspoons of salt. Place the lard in a frying-pan. When hot, add the lamb, and brown well on all sides. Place the meat in the fireless utensil. Sprinkle the potatoes with salt and paprika. Arrange these about the leg of lamb. Place the disks, heated for baking, over and under the baking pan. Cook three hours in the fireless. Use the drippings for gravy.

#### Lamb Gravy (Four portions)

4 T-drippings	2 T-flour
$\frac{2}{3}$ C-water	$\frac{1}{2}$ t-salt

Place half of the drippings in a sauce-pan. Add the flour, and allow it to brown. Add slowly the water, salt and the rest of the drippings (two tablespoonsful). Boil one minute.

**Mint Sauce (Four portions)**

$\frac{1}{4}$ C-mint leaves	4 T-vinegar
$\frac{1}{2}$ C-boiling water	$\frac{1}{8}$ t-paprika
2 T-sugar	$\frac{1}{4}$ t-salt

Chop the mint leaves very fine. Add the boiling water and sugar. Cover closely and let stand one-half hour. Add the vinegar, pepper and salt.

**Loaf Cake (Bettina's Nut Special) (Twelve pieces)**

$\frac{1}{3}$ C-butter	3 t-baking powder
1 C-"C" sugar	$\frac{1}{4}$ C-nut-meats, cut fine
1 egg	$\frac{1}{4}$ t-salt
$1\frac{1}{2}$ C-flour	$\frac{2}{3}$ C-milk
$\frac{1}{2}$ t-cinnamon	1 t-vanilla
	$\frac{1}{2}$ t-lemon extract

Cream the butter, add the sugar and the egg. Mix well. Add the flour, baking powder, cinnamon, nut-meats, salt, milk, vanilla and lemon extract. Beat two minutes. Pour into a loaf-cake pan prepared with waxed paper. Bake thirty minutes in a moderate oven.

## CHAPTER VIII

### CELEBRATING THE FOURTH

“**N**OW, boys, run and play while Alice and I set the picnic table!” said Bettina to Bob and Mr. Harrison. “See if the fish are biting! Cultivate your patience as well as your appetites and we’ll surprise you soon!”

“Bettina, let me help you unpack. Everything looks so dainty and interesting!” said Alice, as Bob and Mr. Harrison strolled off toward the river. “You ought to have allowed me to bring something, although I’ll admit that I do enjoy being surprised. You were a dear to bring me with you!”

“I?” said Bettina. “Of course I’m glad to have you here—no one is better fun—but I wish you had heard something that Bob told me. He and Harry Harrison were planning to go fishing today, all by themselves, until Harry suggested that Bob might like to bring me along. And then he added as an afterthought, that as three is a crowd, Miss Alice might be induced to come too. (Why is it that ‘Miss Alice’ or ‘Miss Kate’ or ‘Miss May’ always sounds so like a confirmed bachelor?) Bob chuckled when he told me how careless and offhand Harry tried to be!”

“Betty, how pretty those pasteboard plates are with the flag-seals pasted on them!”

“I saw some ready-made Fourth of July plates, but it was more economical to make my own. And how do you like the red, white and blue paper napkins and lunch cloth? ‘Lunch paper,’ I ought to say, I suppose. Alice, you arrange the fruit in the center in this basket, with some napkins around it, and

with these little flags sticking out of it in every direction. But first, my dear, please tell me why you changed the subject when I was speaking of Mr. Harrison?"

"Those devilled eggs wrapped in frilled tissue-paper look just like torpedoes."

"Alice, Alice, I learned something new about you today. Harry said that society girls got on his nerves, but that 'Miss Alice' seemed sensible enough!"

"Goodness, Betty, he has disagreed with every single thing I've said, so far! If he is being pleasant behind my back, I don't see why he should be so disapproving in his manner to me! But if he is really beginning to think me sensible, let us by all means encourage him! Hide my frivolous new hat in the lunch-basket, and give me something useful to be doing. Can't I appear to be mixing the salad? . . . Honestly, Betty, I do get tired of society as a single interest. But what else is there for me to do? Go into settlement work? I'd be a joke at that! Learn to design jewelry? Take singing lessons?"

"Try the good old profession of matrimony. Why are you so fickle, Alice, my dear?"

"I'm not; it's the men! Every sensible one I meet is—well, disagreeable to me!"

"Meaning Harry Harrison? He appears to be taking quite an interest, at least!"

"That is merely his reforming instinct coming to the surface. But—is everything ready now? We'll sing a few bars of the Star Spangled Banner, and I'm sure the men will come immediately!"

The lunch table was set with:

	Lobster and Salmon Salad	
Ham Sandwiches		Nut Bread Sandwiches
Pickles		Radishes
Potato Chips		Devilled Eggs
	Moist Chocolate Cake	
Bananas		Oranges
	Torpedo Candies	
	Lemonade	

**BETTINA'S RECIPES**

(All measurements are level)

**Lobster and Salmon Salad** (Four portions)

- |                              |                                |
|------------------------------|--------------------------------|
| 1 C-salmon                   | 6 sweet pickles cut fine       |
| $\frac{1}{2}$ C-lobster      | 3 hard-cooked eggs, sliced     |
| 1 C-diced cucumber or celery | 1 t-salt                       |
|                              | $\frac{1}{2}$ C-salad dressing |

Mix the ingredients in the order given. Use a silver fork for mixing. Garnish with lettuce leaves.

**Ham Sandwiches** (Four portions)

- |                             |                    |
|-----------------------------|--------------------|
| $\frac{1}{2}$ C-chopped ham | 1 T-chopped olives |
| 2 T-pickles                 | 3 T-salad dressing |
|                             | 12 slices bread    |

Mix ham, olives and pickles with salad dressing and spread on lettuce or nasturtium leaves between buttered slices of bread. Trim off the crusts, and cut the sandwiches in fancy shapes.

**Devilled Eggs** (Six eggs)

- |                         |                                 |
|-------------------------|---------------------------------|
| 6 hard-cooked eggs      | 1 t-melted butter               |
| 1 t-vinegar             | $\frac{1}{4}$ t-chopped parsley |
| $\frac{1}{4}$ t-mustard | $\frac{1}{4}$ t-salt            |

Shell the eggs, cut lengthwise in half, remove yolks, mash them and add vinegar, mustard, melted butter, parsley and salt. Refill the whites and put pairs together. Wrap in tissue paper with frilled edges to represent torpedoes.

**Moist Chocolate Cake** (Ten portions)

- |                                     |                                |
|-------------------------------------|--------------------------------|
| $\frac{1}{3}$ C-butter              | 1 C-flour                      |
| 1 C-sugar                           | $1\frac{3}{4}$ t-baking powder |
| 2 eggs                              | $\frac{1}{2}$ t-cinnamon       |
| $\frac{1}{2}$ C-hot mashed potatoes | $\frac{1}{4}$ t-clove          |
| 1 ounce melted chocolate            | $\frac{1}{2}$ t-nutmeg         |
| $\frac{1}{4}$ C-milk                | 1 t-vanilla                    |

Cream the butter, add the sugar. Mix well. Add the egg yolks, slightly beaten, and the potato. Stir, add the chocolate, milk and then all the dry ingredients which have been mixed and sifted together. Fold in the white of the eggs beaten stiffly. Add the vanilla. Pour into two layer-cake pans which have been prepared with waxed paper. Bake in a moderate oven for thirty minutes. Ice with white mountain cream icing.



## CHAPTER IX

### BETTINA'S FATHER TRIES HER COOKING

“SO she is about to try her cooking on me, is she?” said Bettina’s father to Bob, as he sat down at the table. “Well, I’ll admit that I have looked forward to this all day. But there was a time when I was a little more skeptical of Bettina’s culinary skill. You know, when mother was in California two years ago last winter——”

“Now, Charlie, you know that all girls have to learn at some time or other,” interrupted Bettina’s mother. “And I believe that Bob has fared pretty well, considering that Bettina is just beginning to keep house——”

“I should say so!” said Bob, heartily. “Why, I’m getting fat! I was weighed to-day, and——”

“Don’t say any more, Bob! We’ll rent the house and take to boarding! If you get fat——”

“No boarding-houses for mine! Not after your cooking, Bettina! I had enough of boarding before I was married. Say—how long ago that does seem.”

“Has the time dragged as much as that? Well, I’ll change the subject. Dad, how do you like my Japanese garden? I think it’s pretty, don’t you?”

“I certainly do, my dear. What are those feathery things?”

“Why, don’t you know that, Father? And when you were a boy, you worked on a farm one summer, too! There’s a parsnip and a horse radish, and a beet. Then there are a few parsley seeds and grass seeds on a tiny sponge! And see the little shells and stones that Bob and I collected for it.”

“Yes, we found that pink stone up the river on a picnic a

year ago last May, before we were engaged, or were we engaged then, Bettina? And the purple one——”

“Oh, you needn’t reminisce,” Bettina interrupted hastily. “Eat your dinner.”

*“Every little stone  
Has a meaning all its own,  
Every little shell——  
But it wouldn’t do to tell.”*

“I composed that poem just this minute,” said Bob, undisturbed.

“Will you help me get the dessert now, Robert? Are you ready, Mother? And Father?”

“Yes, indeed. A very fine dinner, Bettina. We never have steak fixed this way at home; do we, Mother? Can we try it some day soon?”

“I have something for dessert that you like, Dad. Guess what!”

“What is it? Oh, lemon pie! That is fine, I can tell you! But I know already that it won’t be as good as your mother’s! Still, we’ll try it and see!”

That evening for dinner, Bettina served:

Devilled Steak	New Potatoes in Cream
Baking-powder Biscuits	Jelly
Cucumber and Radish Salad	
Lemon Pie	
Coffee	

### BETTINA’S RECIPES

(All measurements are level)

#### Devilled Steak (Four portions)

2 T-butter	½ t-pepper
1 T-onion	⅛ t-paprika
1½ lb. flank steak ¾ inch thick	1 t-mustard
2 T-flour	1 T-vinegar
1 t-salt	1 T-flour
2 C-water	

Melt the butter in a frying-pan, slice the onion in it and sauté gently until golden brown in color. Remove the onion from

the butter, cut the flank steak into pieces three by two inches. Dredge these lightly in one tablespoon flour and sauté in the butter until well browned. Remove the meat from the frying-pan; add the salt, pepper, paprika, mustard, vinegar and flour. Mix all together and add the water slowly. Replace the steak in the pan, cover closely and simmer one hour, or until the steak is tender. Serve on a warm platter and pour the gravy over it.

### **Baking Powder Biscuit** (Fifteen biscuits)

2 C-flour	¼ t-salt
4 t-baking powder	3 T-lard
2/3 C-milk	

Mix and sift the flour, baking powder and salt; cut in the lard with a knife until the consistency of cornmeal. Add the milk, mixing with a knife. Pat into a rectangular shape, one-half inch thick, on a floured board. Cut with a biscuit cutter one and one-half inches in diameter. Place side by side in a tin pan. Bake in a moderate oven fifteen minutes.

### **Cucumber and Radish Salad** (Four portions)

1 C-diced cucumbers	1 t-salt
½ C-diced radishes	¼ t-pepper
2 t-chopped onion	4 T-salad dressing
4 lettuce leaves	

Mix the cucumbers, radishes, onions, salt and pepper. Add salad dressing. Serve on lettuce leaves.

### **Lemon Pie**

Filling	2 egg-yolks
1 C-sugar	1½ C-water
½ t-salt	1 t-grated rind
juice 1 large lemon	½ C-flour
1 t-butter	

Beat the egg yolks, add the sugar gradually and beat; add the flour, salt, water, lemon juice and rind. Cook in a double boiler until it thickens. Pour into the pastry shell, cover with meringue and bake in a moderate oven until the meringue is brown.

**Pie Crust**

1 C-flour	$\frac{1}{8}$ t-salt
$\frac{1}{3}$ C-lard	2 T-cold water

Cut the lard into the flour and salt with a knife. Add the water gradually, lifting with a knife that portion that was moistened first and pushing it to one side of the bowl, wet another portion and continue until all is moistened, using just enough water to hold together. Put together and place on a floured board. Roll the crust to fit the pan. Press the crust firmly into the bottom of the pan. Prick the sides and bottom with a fork. Crinkle the edges of the crust; have the crust extend above the edge of the pan to make a deep shell for the filling. Bake the crust first to make it more crisp. Do not butter the pan. Bake from five to six minutes in a hot oven. When the crust is done, add the filling and cover this with the meringue.

**Meringue**

2 egg whites beaten stiff	5 T-sugar (powdered preferred)
$\frac{1}{2}$ t-lemon extract	

Do not beat the egg-whites until ready for use. Then beat until stiff and add the sugar and extract, beating only a minute. Pile the meringue lightly on top of the filling, and bake the whole slowly. If baked too quickly, the meringue will rise and then fall. Bake only until it turns a golden brown.

## CHAPTER X

### A MOTOR PICNIC

“HELLO, Bettina ; this is Bob. What are you having for dinner to-night?”

“It’s all in the fireless cooker ! Why?”

“Couldn’t you manage to make a picnic supper of it? One of the men at the office has invited us to go motoring to-night with him and his wife, and, of course, I said we’d be delighted. They’re boarding, poor things, and I asked if we couldn’t bring the supper. He seemed glad to have me suggest it. I suppose he hasn’t had any home cooking for months. Do you suppose you could manage the lunch? How about it?”

“Why, let me think ! How soon must we start?”

“We’ll be there in an hour or a little less. Don’t bother about it—get anything you happen to have.”

“It’s fine to go, dear. Of course, I’ll be ready. Good-bye!”

Bettina’s brain was busy. There was a veal loaf baking in one compartment of the cooker, and on the other side, some Boston brown bread was steaming. Her potatoes were cooked already for creaming, and although old potatoes would have been better for the purpose, she might make a salad of them. As she hastily put on some eggs to hard-cook, she inspected her ice box. Yes, those cold green beans, left from last night’s dinner, would be good in the salad. What else? “It needs something to give it character,” she reflected. “A little canned pimento—and, yes—a few of the pickles in that jar.”

Of course, she had salad dressing—she was never without it. Sandwiches? The brown bread would be too fresh and soft for sandwiches, but she could keep it hot, and take some

butter along. "I'm glad it is cool to-day. We'll need hot coffee in the thermos bottle, and I can make it a warm supper—except for the salad."

She took the veal loaf and the steamed brown bread from the cooker, and put them into the oven to finish cooking.

"How lucky it is that I made those Spanish buns! And the bananas that were to have been sliced for dessert, I can just take along whole."

When Bettina heard the auto horn, and then Bob's voice, she was putting on her hat.

"Well, Betty, could you manage it?"

"Yes, indeed, dear. Everything is ready. The thermos bottle has coffee in it, piping hot; the lunch basket over there is packed with the warm things wrapped tight, and that pail with the burlap over it is a temporary ice box. It holds a piece of ice, and beside it is the cream for the coffee and the potato salad. It is cool to-day, but I thought it best to pack them that way."

"You are the best little housekeeper in this town," said Bob as he kissed her. "I don't believe anyone else could have managed a picnic supper on such short notice. Come on out and meet Mr. and Mrs. Dixon. May I tell them that they have a fine spread coming?"

"Don't you dare, sir. It's a very ordinary kind of a supper, and even you are apt to be disappointed."

But he wasn't.

Bettina's picnic supper that cool day consisted of:

Warm Veal Loaf	Cold Potato Salad
Fresh Brown Bread	Butter
Spanish Buns	Bananas
Hot Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Veal Loaf (Six to eight portions)

2 lbs. lean veal	4 t-onion salt
$\frac{1}{2}$ lb. salt pork	1 T-salt
6 large crackers	$\frac{1}{2}$ t-pepper
2 T-lemon juice	4 T-cream

Put two crackers in the meat grinder, add bits of meat and pork and the rest of the crackers. The crackers first and last prevent the pork and meat from sticking to the grinder. Add other ingredients in order named. Pack in a well-buttered bread-pan. Smooth evenly on top, brush with white of an egg and bake one hour in a moderate oven. Baste frequently. The meat may be cooked in a fireless cooker between two stones. It is perfectly satisfactory cooked this way, and requires no basting.

#### **Boston Brown Bread (Six portions)**

1 C-rye or graham flour	$\frac{3}{4}$ C-molasses
1 C-cornmeal	$\frac{1}{4}$ C-sugar
1 C-white flour	$1\frac{1}{2}$ C-sour milk or $1\frac{1}{4}$ C-sweet
1 t-salt	milk or water
$1\frac{1}{2}$ t-soda	$\frac{2}{3}$ C-raisins

Mix and sift dry ingredients, add molasses and liquid. Fill well-buttered moulds two-thirds full, butter the top of mould, and steam three and one-half hours. Remove from moulds and place in an oven to dry ten minutes before serving. 1—If sweet milk is used, 1 T-vinegar to  $1\frac{1}{4}$  C will sour the milk. 2—Baking powder cans, melon moulds, lard pails or any attractively shaped tin cans may be used as a mould. 3—Two methods of steaming are used: (a) Regular steamer in which the mould, either large or individual, is placed over a pan of boiling water. Buttered papers may be tied firmly over the tops of uncovered moulds. (b) Steaming in boiling water. The mould is placed on a small article in the bottom of a pan of boiling water. This enables the water to circulate around the mould. Care must be observed in keeping the kettle two-thirds full of boiling water all of the time of cooking. (Bettina used the method in the fireless cooker.) She started the brown bread in the cooker utensil on the top of the stove. When the water was boiling vigorously, she placed it over one hot stone in the cooker. The water came two-thirds of the distance to the top of her cans. In the cooker, she did not have to watch for fear the water would boil away. After fastening the lid tightly on the cooker-kettle in which the bread was to steam, she did not look at it again for four hours. (It takes a little longer in the cooker than on the stove.)

## CHAPTER XI

### BETTINA HAS A CALLER

THE next morning Bettina was alone in her little kitchen when the door bell rang.

"Why, Mrs. Dixon; how do you do?" she said, as she opened the door and recognized the visitor. "Won't you come in?"

It must be admitted that Bettina was somewhat embarrassed at the unexpected call at so unconventional a time. Mrs. Dixon was dressed in a trim street costume, but under her veil Bettina could see that her eyes were red, and her lips quivered as she answered:

"Forgive me for coming so early, but I just had to. I know you'll think me silly to talk to you confidentially when I met you only yesterday, but I do want your advice about something. You mustn't stop what you are doing. Couldn't I come into the kitchen and talk while you work?"

"Why, my dear, of course you can," said Bettina, trying to put her at her ease. "You can't guess what I was doing! I was washing my pongee dress; someone told me of such a good way!"

"Why, could you do it all yourself?" said Mrs. Dixon, opening her eyes wide. "Why not send it to be dry-cleaned?"

"Of course I might," said Bettina, "but it would be expensive, and I do like to save a little money every month from my housekeeping allowance. There are always so many things I want to get. You see I'm doing this in luke-warm, soapy water—throwing the soap-suds up over the goods, then I'll rinse it well, and hang it in the shade to drip until it gets dry.



I won't press it till it is fully dry, because if I do, it will be spotted."

"How do you learn things like that?"

"Oh, since I've been married, and even before, when I thought about keeping house, I began to pick up all sorts of good ideas. I like economizing; it gives me an opportunity to use all the ingenuity I have."

"Does it? I always thought it would be awfully tiresome. You see, I've lived in a hotel all my life; my mother never was strong, and I was the only child. I liked it, and since I've been married, we've lived the same way. I never thought of anything else and I supposed Frank would like it, too—but lately—oh, all the last year—he's been begging me to let him find us a house. And then"—(Bettina saw that her eyes had filled with tears)—"he has been so different. You have no idea, my dear. Why—he hasn't been at home with me two evenings a week—and——"

"You must be dreadfully unhappy," interrupted Bettina, wondering what she could say, since she disliked particularly to listen to any account of domestic difficulties. "But why not try keeping house? Maybe that would be better. Why, Bob doesn't like to be away from home any evenings at all."

"But you've just been married!" said Mrs. Dixon, tactlessly. "Wait and see how he'll be after a few years!"

"Well, that's all the more reason for trying to make him like his home. Have you thought of taking a house?"

"That was just the reason I came to you. You seem to be so happy living this way—and it surprised me. I knew last evening what Frank was thinking when he saw this little house—and then when you unpacked the lunch—tell me honestly, did you cook it yourself?"

"Of course," said Bettina, smiling.

"Wasn't it hard to learn? Why, I can't cook a thing—I can't even make coffee! Frank says if he could only have one breakfast that was fit to eat——" and she buried her face in her handkerchief.

"Why, Mrs. Dixon!" cried Bettina, cheerfully, though her heart was beating furiously. "Your trouble is the easiest one

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in the world to remedy! Your husband is just hungry—that's all! I'll tell you—we'll make this a little secret between us, and have such fun over it! You do just as I tell you for one month and I'll guarantee that Frank will be at home every single minute that he can!"

"Do you suppose I can learn?"

"I'll show you every single thing. We'll slip out this very day and look for a little house—to surprise Frank! And I'll teach you to cook by easy stages!"

"Oh, will you?" smiled Mrs. Dixon, showing an adorable dimple in her round cheek. "You don't know how much better I feel already! When can we begin?"

"Right now—with coffee—real, sure 'nough coffee that will make Frank's eyes stick out! Have you a percolator?"

"No, but I can get one."

"It isn't necessary at all. I'll tell you how to do without it, and then using one will be perfectly simple."

### BETTINA'S RECIPES

(All measurements are level)

#### Coffee (Four cups)

7 T-coffee	$\frac{1}{2}$ T-egg white
3 T-cold water	$4\frac{1}{2}$ C-boiling water

Scald the coffee pot, add the coffee, cold water and egg-white. Mix thoroughly, add the boiling water. Boil two minutes. Allow to stand in the pot one minute. Serve.

#### Twin Mountain Muffins

2 C-flour	1 egg
4 t-baking powder	1 C-milk
$\frac{1}{4}$ t-salt	1 T-melted butter
$\frac{1}{4}$ C-sugar	

Mix and sift together the flour, baking powder, salt and sugar. Beat the egg, add the milk; add these liquid ingredients to the dry ones. Beat two minutes. Add the melted butter. Fill well buttered muffin pans one-half full. Bake in a moderate oven twenty minutes.

## CHAPTER XII

### BETTINA AND THE EXPENSE BUDGET

“**R**UTH asked me today how we manage our finances,” said Bettina over the dinner table. “She said that she and Fred were wondering what plan was best. I’m so glad I have a definite household allowance and that we have bulgeted our expenses so successfully. The other day I was reading an article by Carolyn Claymore in which she says that three-fourths of the domestic troubles are caused by disagreements about money.”

“Then we haven’t much to quarrel about, have we, Betty? That is true in more than one sense. But I’m sure that this way seems to suit us to a T.”

“I’m even saving money, Bob.”

“I don’t see how you can when you give me such good things to eat, and when we have so much company.”

“Well, I plan ahead, you know—plan for my left-overs before they are left, even. I do think that an instinct for buying and planning is better than an instinct for cooking. And either one can be cultivated. But it was certainly hard to get that budget of expenses fixed satisfactorily, wasn’t it? I told Ruth that no two families are alike, and that I couldn’t tell her just what they ought to spend for clothes, or just what groceries ought to cost. After all, it is an individual matter which things are necessities and which are luxuries. The chief thing is to live within your means, and save as well as invest something—and at the same time be comfortable and happy. I told Ruth we started with the fixed sums and the absolute neces-

sities, and worked backward. I told her they must absolutely be saving something, if only a quarter a week. Then, that Fred must manage the budget of expenses that comes within his realm, and not interfere with hers, and that she must do the same with the household expenditures, and not worry him. It takes a lot of adjusting to make the system work satisfactorily, but it is certainly worth it."

"Did you tell Ruth about the envelope system that my sister Harriet, uses? She says she is so careless naturally that when George gives her her allowance each month, she has to put the actual cash in separate envelopes, and then vow to herself that she will not borrow from the gas money to make the change for the grocer-boy, and so forth. That is the only way she can teach herself."

"My cousin's wife used to keep the most wonderful and complete accounts, but she couldn't tell without a lot of work in hunting up the items how much she already had spent for groceries or clothes or anything. She had to change her method, and it was she who taught me to keep my accounts in parallel columns, a page for a week, because you give me my allowance each week. I like this way so much, for I can tell at a glance how my expenses are comparing with the allotted sum."

"I like to look at your funny, neat little notebook, Bettina, all ruled so carefully for the week, and the headings, such as gas, electricity, groceries, meat, milk, laundry, across the top."

"Don't make fun of my notebook. I couldn't keep house without it. In case of fire, I'd save it first of all, I know! It is almost like a diary to me! I can look back over it and remember, 'That was the day Bob brought Mr. Green home and we almost ran out of potatoes!' Or 'This was the day I thought my brown bread had failed, but Bob seemed to like it!'" she exaggerated.

"Failures in cooking! Why, Bettina, I don't know the meaning of the words! And I don't see how you can feed me so well on the sum I give you for the purpose. I'd feel guilty, only you don't look a bit unhappy or overworked."

"I should say not!"

"You surely don't remember how to cook all the things you give me!"

"No, indeed, Bob, not definitely, that is. You see, on the shelf by my account book, which you smile over, I have my card index with lots and lots of recipes filed away. Then I have notebooks, too, with all sorts of suggestions tucked in them just where I can lay my hand on them."

"Betty dear, you've given me a real glimpse into your business-like methods! Some men seem to think that it doesn't take brains to run a house well, but they don't know. It requires just as much executive ability and common sense as it does to manage a big business."

That night the dinner for two consisted of:

### BETTINA'S RECIPES

Cold Ham	Green Peppers Stuffed with Rice
Light Rolls	Peach Butter
	Hot Fudge Cake

(All measurements are level)

#### Light Rolls

2 T-sugar	$\frac{3}{4}$ C-flour
$\frac{1}{4}$ t-salt	2 T-melted butter
$\frac{1}{2}$ C-scalded milk	1 egg, well-beaten
$\frac{1}{2}$ yeast cake	2 T-lukewarm water
	flour

Add the sugar and salt to the scalded milk and when lukewarm, add the yeast dissolved in the lukewarm water, and three-fourths of a cup of flour. Cover and set in a warm place to rise. Then add the melted butter, the well-beaten egg, and enough flour to knead. Let rise in a warm place. Roll to one-half an inch in thickness and shape with a biscuit cutter. Butter the top of each. Fold over, place in a buttered pan, close together. Let rise again for forty-five minutes and then bake in a quick oven for twenty minutes.

#### Green Peppers Stuffed with Rice

6 green peppers	1 T-chopped green pepper
1 C-white sauce	3 onions cooked and cut fine
$\frac{1}{2}$ C-cooked rice	$\frac{1}{2}$ t-paprika

Cut the stem ends from the peppers, and remove all seeds; add one-eighth of a teaspoonful of soda to each pepper, fill with water and allow to stand one-half hour. Mix one cup of white sauce with the rice, onions, chopped pepper and paprika. Fill the pepper cases and bake thirty minutes in a moderate oven.

### Hot Fudge Cake

$\frac{1}{3}$ C-butter	$\frac{1}{2}$ C-hot water
1 C-sugar	2 C-flour
2 egg yolks	1 t-cinnamon
2 squares (or ounces) of choc-	1 t-soda
olate, melted	1 t-baking powder
$\frac{1}{2}$ C-molasses	$\frac{1}{4}$ t-salt
$\frac{1}{2}$ C-sour milk	1 t-vanilla
2 egg whites	

Cream the butter, add the sugar and continue creaming. Add the egg yolks, melted chocolate, molasses, sour milk, hot water, flour, cinnamon, soda, baking powder, salt and vanilla. Beat two minutes, and add the stiffly beaten egg whites. Fill well-buttered muffin pans one-half full, and bake in a moderate oven for twenty-five minutes. Serve hot as a dessert, with whipped cream.

## CHAPTER XIII

### MRS. DIXON AND BETTINA'S EXPERIMENT

“I’M so happy!” said Mrs. Dixon, as she stopped at Bettina’s door one cool morning. “But I’m nervous, too! What if Frank shouldn’t like it?”

“Oh, but he will!” Bettina assured her. “He’ll think he’s the luckiest man in town, and I almost believe that he is! He’ll love that dear little white house with the screened porch! Why, the very grass looks as if it longed to spell ‘Welcome’ like some of the door mats I’ve seen! And think of the flower boxes! You were very fortunate to rent it for a year, furnished so nicely, and probably when that time is up you’ll be ready to build or buy one of your own.”

“You are a dear to cheer me up this way, but I’m nervous in spite of you. Perhaps I should have consulted Frank before I promised to take the house.”

“But he has been urging you to keep house for so long! And I know he’ll be grateful to you for sparing him the worry of hunting one himself. Besides, he’ll like being surprised.”

“Well, I’ll go back to the hotel for luncheon with him, and then I’ll phone him later to meet me at the house. I won’t tell him a thing; I’ll just give him the address.. I’ll say it’s very, very important. That will surprise him and perhaps will frighten him a little. He never does leave his office during business hours, but it will take only a few minutes for him to run out here in the car. Goodness, I’m forgetting what I came for! Do you suppose I am too stupid to try to make those Spanish buns Frank liked so much? We had them at the picnic, you know. I have three hours after luncheon until he comes, and I just long to give him some good coffee and some

Spanish buns that I've made myself! That little kitchen looks as if it would be so nice to work in! I tried coffee a little while ago over at the house, and really—it was fine! It looked just like yours! I was so surprised! To think of my doing such things!"

"Of course you could make Spanish buns; it would be fine if you would. I'll tell you,—why not let me come over for an hour right after luncheon and superintend? Then I'll slip home so that you can be alone when Frank comes. I could tell you some other things about cooking while we're there together,—things you may write down in your new notebook. For example, I've often wondered that so few housekeepers can make good white sauce."

"What in the world is that?"

"It's used in cream soups, and it's the cream part of creamed vegetables and meat and fish, and then there is a thicker white sauce that is used to bind croquettes—that is, hold the ingredients together. There are really four kinds of white sauces and they are very simple to make. I think everyone should know the right way to make them, for they are useful in preparing so many good things."

"I'm glad we'll be near you because I can ask you so many questions."

"And I'm glad that it is summer, because you can have so many things that require little or no cooking, and by fall, I'm sure you will be an accomplished housekeeper."

"Will you come over at two, then, or earlier if you can?"

"Of course I will!"

And as Mrs. Dixon hurried away Bettina felt a sympathetic thrill at the happiness two other people were about to find.

### BETTINA'S RECIPES

(All measurements are level)

#### Spanish Buns (Twelve Buns)

$\frac{1}{2}$ C-butter	3 t-baking powder
1 C-sugar	1 t-cinnamon
1 egg-yolk	$\frac{1}{4}$ t-powdered cloves
$\frac{1}{2}$ C-milk	1 egg-white beaten stiffly
$1\frac{1}{4}$ C-flour	1 t-vanilla
	$\frac{1}{2}$ C-currants



Cream the butter and sugar, add the egg yolk. Mix and sift the flour, baking powder, cinnamon and cloves; add these and the milk to the first mixture. Beat one minute. Add the vanilla and the stiffly beaten egg white. Bake in well buttered muffin pans twenty minutes in a moderate oven. Ice with confectioner's icing.

**Confectioner's Icing (Twelve portions)**

3 T-cream	1 t-vanilla
1 C-powdered sugar	

Mix the cream and vanilla, add sugar slowly until the consistency to spread (more sugar may be needed). This is a most satisfactory frosting and is easily and quickly made. It is suitable for hot weather.

**White Sauces (Four portions)****1—Soup**

1 T-flour	1 C-liquid
1 T-butter	$\frac{1}{4}$ t-salt

This is the consistency for creamed soups.

**2—Vegetable Sauce**

2 T-butter	1 C-milk
2 T-flour	$\frac{1}{4}$ t-salt

This white sauce is used for creamed vegetables, creamed fish, etc. This amount is required for two cups of vegetables.

**3—Pattie Sauce**

3 T-butter	1 C-milk
3 T-flour	$\frac{1}{3}$ t-salt

This sauce is used for oyster or other patties.

**4—Croquette Sauce**

3 T-butter	1 C-milk
4 T-flour	$\frac{1}{3}$ t-salt

This is called a binding white sauce and is used to hold other ingredients together.

**Method of Preparing White Sauces**

Melt the butter in a saucepan and add the flour and salt, stirring constantly. When well mixed add the liquid, a little at a time. Bring to a boil, stirring constantly. This is far better than mixing the flour with a little of the liquid when cold, as so many people do when creaming potatoes or other things. If the white sauce seems too thick for the purpose, thin with a little more liquid before removing from the fire.

## CHAPTER XIV

### A RAINY-DAY DINNER

THE rain had been falling all day in a heavy downpour, and Bettina had ventured out only to gather some red clover blooms for the porch table, which she was now setting for dinner. In spite of the rain, it was not cold, and she liked the contrast of the cheerful little table, with its white cloth and bright silver, and the gray day just outside the screen.

"If Bob would only come home early, how nice it would be!" she thought. "Perhaps that's he at the telephone now."

However, it proved to be Mrs. Dixon. "I phoned to ask you if I should throw away the yolks of two eggs. I've just used the whites."

"Oh, no, Mrs. Dixon! Beat them up well, and add a little cold water to them. Then set them in the ice-box. They will be just as good later as they would be now. You may want them for salad dressing or something else."

"If I ever have the white of the egg left, shall I treat that the same way?"

"No, don't beat that up at all, nor add any water. Just set it in the refrigerator as it is. I'm so glad you called up, Mrs. Dixon. Will you and your husband take dinner with us next Sunday? Perhaps we might all go to church first."

"We'd love to do that! I've just been worrying over Sunday dinner, and you've restored my peace of mind. But won't it be a great deal of work for you?"

"I won't let it be. I don't believe in those heavy, elaborate Sunday dinners that take all the morning to prepare. We'll just come home from church and have it in half an hour. You may help me."

"We'd love to come. I have so much to tell you. I've been very busy, but Frank has helped, and it has been such fun! You don't know how he enjoys the little house! Well, good-bye till tomorrow!"

"Boo!" shouted Bob in her ear, as she hung up the receiver. "I discovered your dark secret this morning! Frank Dixon told me!"

"Well, what did you think of it?"

"The only possible solution in that case. You are their good angel—that is, if she doesn't poison Frank with her cooking, or burn the house down when she's lighting the fire."

"She won't, don't worry! She takes to housekeeping as if she had always done it. Her house is immaculate; she has been cleaning and dusting and polishing from morning to night. I'm almost ashamed of mine!"

"I'm not!" said Bob, decidedly. "I don't see how you can keep it clean at all with a man like me scattering papers and cigar ashes everywhere. And I'm always losing my belongings, and always will, I suppose."

"That's only a sign that we haven't discovered the proper place for them all yet. But we'll work it out in time. Well, are you hungry?"

"Hungry? I should say so! Why, I could almost eat you!"

"Well, Bob, we have a rainy-day dinner tonight that I hope you'll enjoy. Hash! Does that frighten you?"

"Not your hash, Betty."

"Well, everything is ready."

The rainy evening menu consisted of:

Browned Hash	Creamed Cauliflower
Date Muffins	Butter
Apple Sauce Cake	Chocolate

### BETTINA'S RECIPES

(All measurements are level)

#### Browned Hash (Two portions)

1 C-chopped cold cooked beef	$\frac{1}{4}$ t-pepper
1 C-cold boiled potatoes diced	1 T-milk
a few drops of onion juice	1 T-fat (lard, butter or one-half of each)
$\frac{2}{3}$ t-salt	

Mix all the ingredients thoroughly. Spread the mixture evenly in a hot frying-pan in which the fat has been placed. Cook without stirring until a crust is formed on the bottom; fold over like an omelet and place on a hot platter.

**Creamed Cauliflower** (Two portions)

1 head cauliflower	1 t-salt
4 C-water	1 C-vegetable white sauce

Separate cauliflower into sections, wash well and cook in boiling salted water until tender. (About half an hour.) Drain and cover with vegetable white sauce.

**Date Muffins** (Ten muffins)

$\frac{1}{4}$ C-sugar	$\frac{3}{4}$ C-milk
$\frac{1}{4}$ C-dates cut fine	$1\frac{1}{4}$ C-flour
1 egg	4 t-baking powder
$\frac{1}{4}$ t-salt	2 T-butter (melted)

Mix the sugar, dates, baking powder, flour and salt. Add milk in which one egg has been beaten. Beat two minutes. Add butter, melted. Fill well-buttered muffin pans half full of the mixture, and place in the oven. Bake twenty minutes. Serve hot or cold.

**Apple Sauce Cake** (Ten portions)

$\frac{1}{2}$ C-butter	$\frac{1}{2}$ t-powdered cloves
1 C-sugar	2 C-hot, thick, strained, sweetened apple sauce
1 egg, beaten light	1 C-mixed, chopped raisins, nut meats and dates
$1\frac{1}{4}$ C-flour	1 t-vanilla
1 t-soda	
$1\frac{1}{2}$ t-cinnamon	

Cream the butter, add the sugar gradually. Stir well. Add the well-beaten egg. Mix the soda and apple-sauce, and add to the first ingredients. Alternately with the flour and spices, add the vanilla and fruit. Beat for two minutes. Turn into a square pan, and sift granulated sugar over the top. Bake in a moderate oven one-half hour.

## CHAPTER XV

### BUYING A REFRIGERATOR

“SOMETHING in refrigerators?” said the clerk politely to Mrs. Dixon and Bettina.

“You talk to him,” said Mrs. Dixon. “I don’t know a thing about a refrigerator; that’s why I begged you to come.”

“Well,” considered Bettina, her red brown head on one side, “we want one that will hold not less than a hundred pounds of ice. The large ones are much more economical in the long run. Here, Mrs. Dixon, is a hundred-pound fellow. May we examine it, please?”

“Certainly, madam.”

“No, this won’t do. See, Mrs. Dixon, the trap is in the bottom of the food chamber. That is wasteful and inconvenient, because in cleaning it you would have to leave the door of the larger compartment open. That would let the cold air out and waste the ice. Anyhow, you know the trap is the sewer of the refrigerator, and has no business in the food chamber. The trap really ought to be in the bottom of the ice chamber, where it can be cleaned without removing the food, or opening the door of the food compartment. Besides, I prefer to have the ice put in at a door on the side of the front, not on the top. Yes, here is the kind I mean. I like this trap, too. See, Mrs. Dixon, isn’t it fine? It has a white enamel lining and shelves of open wire that can be removed.”

“It looks nice, doesn’t it? And when I get some white shelf paper on those shelves it will be like an attractive cupboard.”

“Oh, my dear! You mustn’t do that! That would prevent the circulation of air through the ice-box, which is the very

thing that makes the food compartment cold. You see, that circulation of air goes on through these open-wire shelves. Another thing, I've seen people cover the ice with newspapers to keep it from melting, as they thought. But they were mistaken. Any friction causes warmth, and ice keeps better when there is nothing touching it."

"Well, if you like this one, I'll ask the price of it."

"It will be expensive, I'm afraid, but the most economical in the long run. Are you staying downtown to meet Mr. Dixon?"

"Yes, I'd like him to see the refrigerator. He takes such an interest in these household things I'm getting."

"Well, good-bye, dear. I must hurry home to get dinner. It won't take long, but I'll have to go, or Bob will get there first, and I'm a little sentimental about being there to greet him at the door."

Bettina's dinner that night consisted of:

	Broiled Lamb Chops	
Boiled New Potatoes		New Peas in Cream
	Vegetable Salad	
Bread		Butter
	Rhubarb Pudding	

### **BETTINA'S RECIPES**

(All measurements are level)

#### **Broiled Lamb Chops** (Three portions)

3 chops

1 t-salt

Wipe chops and place in a red-hot frying-pan. As soon as the under surface is seared, turn and sear the other side. Turn down the fire a little, and continue to cook, turning chops often. Cook seven minutes if liked rare. When cooked, sprinkle with salt and spread with butter.

#### **Creamed New Peas** (Three portions)

1 qt. peas

$\frac{1}{2}$  t-salt

$\frac{1}{8}$  t-soda

Shell one quart of peas, cover with cold water and let stand ten minutes, wash well, and drain off the water. Cover with boiled water and cook twenty to fifty minutes, according to age

of peas. A pinch of soda may be added to the water. It softens the skins on the peas. Add salt when the peas have cooked twenty minutes.

**White Sauce for Peas (Three portions)**

1 T-butter	$\frac{1}{8}$ t-salt
1 T-flour	$\frac{1}{2}$ C-milk

Melt the butter, add the flour and salt, mixing well, and the milk, stirring constantly. Cook two minutes. Add the peas.

**Rhubarb Pudding (Three portions)**

1 C-cooked, sweetened rhubarb	1 T-cold water
sauce	1 egg-white
2 T-flour	$\frac{1}{8}$ t-salt

Add the water slowly to the flour and mix well. Add the rhubarb sauce and cook until very thick (about five minutes). Add the stiffly beaten white of egg, mix thoroughly and turn into moistened moulds. Serve cold with cream.



## CHAPTER XVI

### POLLY AND THE CHILDREN

“WILL you look at the way that child eats her cereal!” ejaculated Polly at the breakfast table. “And I simply can’t get her to eat it at home! In fact, on warm days like this, she won’t eat any breakfast at all.”

“I like Aunt Betty’s cereal; it looks so pretty,” explained little Dorothy gravely, looking down at her plate of moulded cereal surrounded by plump red raspberries.

“I hope you don’t mind my serving it cold today,” said Bettina. “It seemed so warm yesterday that I cooked the cereal and put it in moulds in the refrigerator.”

“No indeed! The change is a regular treat for the children. They like fixed-up things like this, and it certainly does give anyone an appetite.”

“Well, in hot weather, no one feels much like eating, anyhow, so I try to make things as attractive as I can. And I want the children to have just what they like. . . . You needn’t be afraid of this cream, Polly. We buy it from a neighbor, and I am absolutely sure that it is both clean and good. I’m ashamed to say that we have no certified milk in this town. Isn’t that dreadful? And people keep on buying it of dairies that they don’t know one thing about! Why, I’ve seen women who had just moved to town, and who knew nothing about conditions here, begin housekeeping by cleaning house thoroughly from top to bottom, and at the same time, leave an order for milk with the first dairy wagon that happened to drive down their street! And they buy groceries and meat from the nearest stores without knowing that three blocks

away there may be other stores that are better, cleaner and less expensive. Shouldn't you think that women would insist upon knowing all about the food they are giving their children? It seems to me that much common sense in a housewife is a great deal more important even than knowing how to cook and sew."

"I think that knowing how to plan and buy is more important than knowing how to do things with your hands," said Polly. "After all, it's the result that counts. You're a wonder, Bettina, because you have a useful head and useful hands, too, but I haven't. So I try to know as much as possible about every article of food and clothing that I buy, and to be sure that I am getting the very best value from Tom's money, but I don't know how to cook or sew or trim hats or embroider. I like friends and babies and outdoor exercise, but I'll confess that I don't like housework."

"Well, Tom and the children seem to be perfectly contented and happy, and so do you. Therefore, you are a successful housekeeper."

"You are the right kind of a sister-in-law to have, Betty! I quite approve of Bob's choice!"

The breakfast that morning consisted of :

	Moulded Cream of Wheat	
	Raspberries	
Sugar	Poached Eggs on Toast	Cream
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Wheat Cereal (Three portions)

1 C-wheat      2 T-cold water  
1/3 C-raspberries

Cook the wheat according to the instructions on the package, only cook twice as long as the directions suggest. Mix cereal and cold water. Add boiling water slowly. This method prevents lumping. Wet individual moulds with cold water, place raspberries around the inside of the mould and fill with the wheat. Allow to remain in mould for fifteen minutes.

Remove from mould, surround with more berries and serve. If desired cold, chill in the refrigerator. Cereals may be cooked in a double boiler or a fireless cooker.

#### **Method of Cooking Cereals**

Put the water and salt in the upper part of double boiler and place directly over the flame. When the water boils, add the cereal very slowly, stirring constantly. Cook for five minutes directly over the fire. Place the upper part in the lower part of the double boiler containing boiling water, and cook the required time. All cereals must be thoroughly cooked.

## AUGUST.

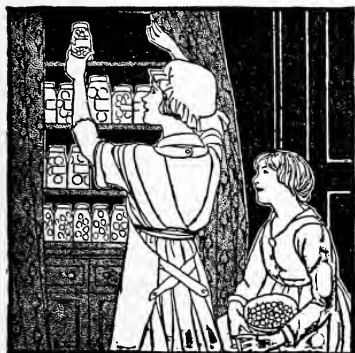
*Twenty little jelly-glasses, twenty pots of jam,  
Twenty jars of pickles and preserves,  
Making other wealth than this appear a stupid  
snam,——*

*Ah, you dears! What color, gleam and curves!*



## CHAPTER XVII

### BETTINA PUTS UP FRUIT



“**H**ONK! Honk!” sounded an auto horn at Bettina’s door one cool morning, as a crowd of lively voices also summoned her.

“Bettina, O, Bettina! We’ve come to get you to play tennis with us this morning. You must! You’ve been neglecting us for Bob and we’re jealous.”

“Oh, girls, I simply can’t! I have just bought quarts and quarts of cherries and currants of a boy who came to the door, and I must take today to put them up!”

“That’s easy! Leave ’em till tomorrow!” said Alice cheerfully.

“I can’t do that, because they’re just at the canning point and it isn’t a good thing to have them a bit over-ripe. Then these are freshly picked, and that is the best way to have them.”

“I’ll stay and help; may I?” said Ruth, who had suddenly developed a deep interest in things domestic.

“Why, of course I’d love to have you, Ruth, but seeding cherries is slow work, and I believe that playing tennis would be more exciting.”

“But not half so interesting as to hear you tell me how you do things. I love to listen.”

"We'll all stay," suggested Mary. "It'll do us good. But you'll have to lend us big aprons; can you?" And she looked down at her white middy, skirt, and shoes.

"Come on!" shouted Elsie. "You can lecture as we seed cherries, Bettina. How are you going to put them up?"

"Well, Bob likes plain currant jelly, and plain canned cherries awfully well. I may preserve some cherries with currant juice, too, but I think I'll not do anything very elaborate today."

"Goodness, that sounds elaborate enough to suit me! Will you be looking over the currants while we are stoning cherries?"

"Leave the stones in half of them, girls; many people like them that way better."

"What were you doing to all those jars?"

"Just getting ready to sterilize them. You see I'll put them on a folded cloth, in this big kettle of cold water. Then I'll slowly heat the water to the boiling point, and fill the jars immediately with the fruit and syrup. I must scald the rubber rings, too, before I use them."

Bettina was rapidly looking over currants as she talked. "Girls, do you notice my jelly strainer? See, it's a piece of cheese-cloth fastened into a wire strainer. It can be attached to any kettle. I haven't used it yet, but I know that it will be very convenient. You know it's best to strain the juice through the cheese-cloth without pressure. If I have the cloth double, the juice will be quite clear. If I wanted an especially clear jelly, I could even have the juice pass through a flannel or felt bag."

"How on earth can you tell when the jelly jells?" asked Ruth.

"Well, I test it this way. I take up, in a cold silver spoon, a little of the mixture that is cooking. If it jells and breaks from the spoon, it has been cooking long enough. Of course I remove the rest from the fire while testing it, because it might be done."

"Bettina, cooking and jelly-making and things like that seem to be so natural for you!" cried Ruth. "I get so frightened

sometimes when I think what if I should be a poor house-keeper and make Fred unhappy!"

"Alice," said Mary, "Heaven forbid that either of us should ever be talking like that about a man!"

"Goodness, I should say so!" declared Alice emphatically, a little too emphatically, thought Bettina.

### **BETTINA'S RECIPES**

(All measurements are level)

#### **Currant Jelly**

2 qts. currants

sugar

Pick over currants, but do not remove the stems. Wash and drain. Mash a few with a vegetable masher in the bottom of a porcelain-lined or granite kettle. Add more currants and mash. Continue adding currants until all are used. Bring to a boil slowly and let simmer without stirring until the currants appear white. Strain through a coarse strainer, and allow juice to drain through a jelly bag. Measure the juice, and boil ten minutes. Gradually add an equal amount of heated sugar, stirring occasionally to prevent burning, and continue boiling until the test shows that the mixture has jelled. When filling sterilized glasses, place them in a pan containing a little boiling water. This keeps the glasses from breaking when hot jelly is poured in. Fill and set the glasses of jelly aside to cool. Cover with hot melted paraffin.

#### **Canned Cherries**

6 qts. cherries

1½ qts. sugar

½ pt. water

Measure the cherries after the stems have been removed. Stone if desired. If they are stoned, be sure to save the juice. Put the sugar and water in a kettle and stir over the fire until the sugar is dissolved. Add the cherries and heat slowly to the boiling point. Boil ten minutes skimming carefully. Put into sterilized jars, filling the jars to overflowing with the syrup. Seal securely. (When filling the jars stand them in a pan containing boiling water. This keeps them from breaking.)

**Bettina's Jelly-Making Suggestions**

1. Use a porcelain-lined or a granite kettle.
2. Let juice drip from a cheese cloth or flannel bag.
3. Measure equal quantities juice and sugar.
4. Boil juice ten minutes, add heated sugar. (Heated by being placed in warm oven.)
5. Boil until it drops thick from a cold silver spoon, or jells on a plate.
6. The smaller the quantity of jelly made at a time, the clearer it is.
7. Cook no more than three cups of juice at a time.
8. Skim carefully.
9. Boil regularly.
10. Pour in sterilized glasses.
11. Let stand in bright sun twenty-four hours.
12. Cover with very hot paraffin. This kills any bacteria that may have collected.
13. Keep jelly in a cool, dark, dry place.



## CHAPTER XVIII

### A COOL SUMMER DAY

“**W**HY, hello, Ruth!” cried Bettina at the door one afternoon. “I haven’t seen you for weeks, it seems to me! What have you been doing? Come in and give an account of yourself!”

“First let me deliver these nasturtiums that mother sent,” said Ruth. “She always remembers how fond you are of flowers.”

“Thank you, they’re lovely! I need them tonight for my table, too. Will you come into the kitchen with me while I put these in water?”

“M-m,” said Ruth. “Something smells good! In the oven?”

“Yes, pork chops, baked apples and escalloped potatoes. Peek in and see ’em.”

“Ouch!” cried Ruth, holding her hand in sudden pain. “I forgot that that pan was hot, and started to pull it out to see better! I’m a perfect idiot! I do that every time I have anything in the oven!”

“That’s a shame, Ruth, dear! Here, apply a little of this olive oil! It’s the nearest remedy I have. Vaseline is good, too, or baking soda. Hold it with the damp cloth to keep out the air.”

“It feels better already,” said Ruth. “I made some gingerbread last evening for dinner—Fred was there—and burned my hand in the same way exactly. And even at such a cost the gingerbread wasn’t very good. I think I didn’t bake it quite long enough. How long ought it to be in the oven?”

“Well, gingerbread takes longer than most quick-breads.

Here, let me give you my time-guide for baking, and you can keep it in your card-index. Then it's always at hand when you want to refer to it."

"Thank you, that's a good idea, Bettina. May I sit down here at the kitchen table and copy it?"

"Do, I'll get you a pencil and a piece of paper. Ruth, won't you stay to dinner tonight?"

"I can't possibly, Bettina. I am going out with mother, and should be at home now dressing. Oh, by the way, I had a chance to refer last night to something you made me copy and put with my recipe cards. 'How to Remove Grass Stains'! I got it on my white dress—a dreadful looking stain—and immediately referred to my card-index. It said, 'Moisten with alcohol or camphor, allow to stand five minutes, and wash out with clear water.' The stain came out like magic! I used camphor; we didn't happen to have any alcohol in the house."

"I'm so glad it came out; that is such a pretty white dress. And weren't you glad you knew just where to find a remedy? It seems a little trouble to index things, but it is really worth doing."

"I think so, too. Well, there's Bob, and I must rush off. Bob, you're going to have a good dinner tonight! I've just been investigating!"

Bob had:

Pork Chops	Escalloped Potatoes	
	Baked Apples	
Bread	Fresh Pears	Butter
	Tea	

### BETTINA'S RECIPES

(All measurements are level)

#### Baked Apples

4 apples	$\frac{1}{2}$ C-water
8 T-sugar	$\frac{1}{2}$ t-cinnamon
2 T-butter	

Select apples of uniform size. Wash and core. Place in a pan, cover the bottom with water. Fill each cavity with sugar,

a dash of powdered cinnamon and a tiny lump of butter. Bake for thirty minutes, basting occasionally. Serve around the platter of pork chops.

**Bettina's Time-Guide for Baking Quick Breads**

Pop-overs—Thirty minutes in a hot oven.

Baking-powder biscuits—Ten to fifteen minutes in a hot oven.

Corn bread—Twenty-five to forty minutes in a moderate oven.

Muffins—Twenty to twenty-five minutes in a moderate oven.

Gingerbread—Thirty to forty-five minutes in a slow oven.

## CHAPTER XIX

### BOB AND BETTINA ALONE

“WHY, Bob, look at the front of your Palm Beach suit!” exclaimed Bettina, after she had greeted Bob at the door. “What in the world have you been doing?”

“Pretty bad; isn’t it!” said he, ruefully. “Frank Dixon brought me home in his car, and he had some sort of engine trouble. We worked on it for awhile, but couldn’t fix it, so he phoned the garage and I came home on the street car. I must have rubbed up against some grease. Do you suppose my clothes are spoiled?”

“No-o,” said Bettina, slowly, “not if I get at them. Let me see; what is it that takes out auto grease? Oh, I know! Bob, you go and change your clothes right away while I’m cooking the meat for dinner. Then I’ll doctor these.”

“What will you do to them?”

“I’ll rub them with lard, and let it stay on them for about an hour. Then after dinner I’ll wash them out in warm water and soap, and then—well, Bob, I believe they’ll be all as good as new.”

“I thank you, Mrs. Bettina.”

When Bob returned and Bettina was putting the dinner on the table, she smiled to herself over a new idea that had popped into her head.

“Bob, what would you think if I should enter some of my nut-bread at the state fair?”

“Well, is that what you’ve been smiling at all this time? I think it would be fine. If I were judge you’d get first prize in

a minute! Say, strikes me this is a pretty good dinner!"  
it consisted of:

Ham		Mashed Potatoes
	Escalloped Onions	
Rolls		Butter
Dutch Apple Cake		Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Ham (Three portions)

$\frac{2}{3}$  lb. ham    2 T-water

Wipe a slice of ham (one-third of an inch thick) and remove the rind. Place in a hot frying-pan. Add the water. Cook until brown on both sides (about fifteen minutes).

#### Escalloped Onions (Two portions)

1 C-cooked onions	3 T-fresh bread crumbs
$\frac{1}{2}$ C-vegetable white sauce	2 T-butter

Mix the onions with the white sauce and pour into a buttered baking dish. Melt the butter and add the fresh bread crumbs. Place the buttered crumbs on top of the onions. Brown the mixture in the oven (about fifteen minutes).

#### Dutch Apple Cake (Two portions)

1 C-flour	1 egg well beaten
$\frac{3}{4}$ t-salt	$\frac{1}{3}$ C-milk
2 t-baking powder	1 sour apple
1 T-butter	2 T-sugar
$\frac{1}{2}$ t-cinnamon	

Mix flour, salt and baking powder. Cut in the butter. Add the milk and egg. Mix well. Spread one-half an inch thick in a shallow pan. Pare and cut the apples in lengthwise sections. Lay in rows in the dough with the sharp edges pressed lightly into the dough. Mix the sugar and cinnamon and sprinkle over the top. Bake thirty minutes in a moderate oven. Serve with lemon sauce.

**Lemon Sauce** (Two portions) $\frac{1}{2}$  C-sugar  
 $\frac{1}{8}$  t-salt  
1 t-flour1 C-water  
1 t-butter  
2 T-lemon juice

Mix the sugar, salt and flour well. Add the water slowly. Cook seven minutes. Add the butter and lemon juice. Serve hot.

## CHAPTER XX

### BETTINA ATTENDS A MORNING WEDDING

“**H**OW lovely!” Bettina whispered to Bob after the beautiful ceremony had taken place in the rustic grape arbor. “How like Cousin Kate this is! But I had no idea that Frances planned to be married out of doors, had you?”

“She told me that they were hoping for fair weather, but weren’t counting on it.”

“And this is a regular golden day; isn’t it! What a time to remember! Bob, look at Cousin Kate’s flowers! A natural altar, without decoration! Poppies, sweet-peas, nasturtiums, cosmos, more kinds than I can count! It’s a little earlier than they usually have weddings, too; isn’t nine-thirty early?”

“Yes, but Frances thought that this would be the prettiest time for it, and you know they aren’t at all conventional.”

“What are you two gossiping about?” shouted big Cousin Charles in Bettina’s ear: “don’t you see enough of each other at home without avoiding the rest of us at a time like this? Go and kiss the bride and congratulate the groom as soon as you can get to them. Fanny wants to see you particularly, Bettina. Breakfast is to be served on the porch; don’t forget that you two are to be at the bride’s table!”

The wide porch looked very charming. Each table seated four, except the one for the bridal party and near relatives, which was in the center, surrounded by the others. On each table was a basket of pink sweet-peas and trailing greenery. Each simple white place-card held a flower or two, slipped through two parallel cuts across the corner. Frances was seated at the groom’s left, and at her left sat her new brother-

in-law, who was the best man. Next to him was the minister's wife, then jolly Cousin Charles, the bride's father, then the groom's mother. At the right of the groom sat Anne, Fanny's sister, who was maid-of-honor; and next to her sat the clergyman. Then came the bride's mother and the groom's father. Beyond him sat Bettina, then Bettina's cousin Harry, then Aunt Nell and Bob. That was all, for there were few near relatives and Bettina's father and mother were in California.

"Frances looks well; doesn't she?" said Aunt Nell to Bettina. "No showers, no parties or excitement, and you can see how simple the wedding has been. Cousin Kate is so sensible, and so is Frances. I can tell you already that the breakfast menu will be dainty and delicious, but simple."

She was right, for it consisted of:

	Watermelon Cubes	
	(Served in Sherbet Glasses)	
Fried Spring Chicken		New Potatoes
	Creamed Peas	
Hot Rolls		Butter
Currant Jelly	Peach Ice Cream	
Bride's Cake		Coffee
Nuts		Candy

### BETTINA'S RECIPES

(All measurements are level)

#### Fried Chicken

1 2½-lb. chicken	½ t-paprika
4 T-flour	4 T-fat (lard and butter)
2 t-salt	2 T-water

#### To Prepare the Chicken for Serving and Cooking

Cut the legs from the body, break the joint at the thigh and cut in two. Cut off the neck and wings. Break the breastbone and cut in two lengthwise. Break the back in two pieces lengthwise, if desired. Plunge the pieces into cold water and allow to drain. Sprinkle each piece with salt and paprika, and roll in flour. Place the fat in a frying-pan. When very hot add the chicken. Allow all the pieces to brown thoroughly; cover the pan with a lid and add the water, lower the fire and cook



over a moderate fire for thirty minutes. Turn frequently to prevent scorching.

### **Gravy (Six portions)**

3 T-fat from frying-pan	1 t-salt
1 T-butter	$\frac{1}{4}$ t-paprika
6 T-flour	$1\frac{1}{2}$ C-milk
1 t-parsley chopped	

Loosen the pieces of chicken which have stuck to the frying-pan, add the butter, stir constantly until the butter "bubbles," add the flour, salt and paprika. Mix thoroughly. Add the milk slowly, cook for two minutes, add the chopped parsley and pour the gravy into a gravy bowl for serving.

### **Bride's Cake (Thirty pieces)**

$1\frac{1}{2}$ C-sugar	3 t-baking powder
$\frac{1}{2}$ C-butter	$\frac{1}{4}$ t-cream of tartar
$2\frac{1}{2}$ C-flour	$\frac{1}{2}$ t-almond extract
$\frac{1}{8}$ t-salt	1 t-vanilla
$\frac{2}{3}$ C-milk	4 egg-whites

Cream the butter, add the sugar and continue creaming the mixture. Mix and sift three times the flour, salt, baking powder and cream of tartar. Add these dry ingredients alternately with the milk to the first mixture. Add the almond and vanilla extracts. Beat two minutes. Cut and fold in the egg-whites which have been stiffly beaten. Pour the cake batter into a large, round loaf cake pan, having a hole in the center. Bake forty-five minutes in a moderate oven. When the cake is removed from the oven, allow it to stand in a warm place for five minutes, then with a spatula and a sharp knife, carefully loosen the cake from the sides, and turn out onto a cake cooler. When cool, cover with White Mountain Cream Icing.

### **Suggestions for Serving the Bride's Cake**

The Bride's Cake may be baked in this form and placed in the center of the table for the central decoration. A tall, slender vase, filled with the flowers used in decorating, may be placed in the hole in the cake. Place the cake upon a paste-board box four inches high and one inch wider than the cake.

This gives space to decorate around the cake. The cake and box may be placed on a reflector, which gives a very pretty effect. If cake boxes containing wedding cakes are distributed among the guests as favors, use the one in the round pan for central decoration and bake others in square pan. Square pieces may then be cut, wrapped in waxed paper, and placed in the boxes.

## CHAPTER XXI

### AFTER THE "TEA"

“**D**OESN'T it bore you to think of cooking when you've been out all afternoon?” asked Mrs. Dixon, wearily. “And today the refreshments were so elaborate and everything was so stiff and tiresome!”

“I usually anticipate feeling this way,” said Bettina, “and plan to have something at home that is already prepared, and that I can get together without much trouble. Then I put on a house dress as quickly as I can, for I can't bear to cook in party clothes. But I'm sure I don't know what I am going to have for dinner tonight. Bob and I had planned to go downtown to dinner with some friends, but just before I went out this afternoon he phoned that the invitation had been withdrawn because of somebody's illness.”

“Goodness!” cried Mrs. Dixon, “what will you do? Go downtown yourselves?”

“No; Bob doesn't enjoy that, and neither do I. I can manage somehow, for of course there are always things in the house to get. I'll tell you. I'll phone Bob to bring Mr. Dixon here, and you can see what an emergency supper is like.”

“Oh, I couldn't think of it! You're tired, and it's nearly six now!”

“Well, what of that? You can help. And I know you're dreading to get dinner at home. We'll just combine forces.”

Bettina went to the telephone and called Bob. “Hello, dear! Please bring Mr. Dixon home to dinner with you; Charlotte is going to stay. And if you come in his car, will you stop on

the way and get a watermelon that has been on ice? Be sure it's cold!"

"And now," she said to Mrs. Dixon, "let me get into a house-dress, and then for a sight of the refrigerator."

"Oh, what beautiful glazed apples!" exclaimed Mrs. Dixon ten minutes later.

"They were to have been for breakfast, but I'll have them for dinner instead. Then there are enough cold boiled potatoes for creamed potatoes; and, besides that, we'll have an omelet. And then I'll stir up some emergency biscuit——"

"And you can explain everything that you do!"

"Well, for the omelet—we'll take four good-sized eggs—one for each of us——"

"What else goes in? Milk?"

"No, I think that hot water makes a more tender omelet. Then I'll use a few grains of baking powder to assist in holding it up, though that isn't necessary. We'll beat the yolks and whites separately till they're very light. Goodness! There come the men!"

"Here's your watermelon, Bettina!" called Bob. "A big fellow! Don't forget to save the rind for pickles, will you? Why, hello, Mrs. Dixon! Frank's here!"

The menu that night consisted of:

Omelet		Creamed Potatoes
	Glazed Apples	
Emergency Biscuit		Butter
	Watermelon	

### BETTINA'S RECIPES

(All measurements are level)

#### Omelet (Four portions)

4 eggs	$\frac{1}{8}$ t-pepper
4 T-hot water	1 T-butter
$\frac{1}{2}$ t-salt	a little parsley

Beat the yolks until thick and lemon colored. Add hot water (one tablespoonful to an egg), salt and pepper. Beat the whites till stiff and dry. Cut and fold into the first mixture. Heat the omelet pan, add the butter, turn the pan so that the

melted butter covers the sides and bottom of the pan. Turn in the mixture, spread evenly, turn down the fire and allow the omelet to cook slowly. Turn the pan so that the omelet will brown evenly. When well puffed and delicately browned underneath, place the pan on the center shelf in a moderate oven to finish cooking the top of the omelet. Crease across center with knife and fold over very carefully. Allow to remain a moment in pan. Turn gently with a spatula onto a hot platter. Garnish with parsley. An omelet is sufficiently cooked when it is firm to the touch when pressed by the finger.

#### **Creamed Potatoes (Four portions)**

2 C-cold diced potatoes	$\frac{1}{2}$ t-salt
1 T-chopped parsley	$\frac{1}{8}$ t-paprika
1 T-chopped pimento	1 C-vegetable white sauce

Add the potatoes, sprinkled with salt and pepper, to vegetable white sauce. Add pimento and parsley. Cook three minutes, stirring constantly.

#### **Emergency Biscuit**

2 C-flour	$\frac{1}{2}$ t-salt
4 t-baking powder	3 T-fat (lard and butter)
	$\frac{7}{8}$ C-milk

Mix the dry ingredients and cut in the fat. Add the milk, mixing with a knife. Drop by spoonfuls on a buttered pan, placing one inch apart. Bake twelve minutes in a hot oven.

#### **Glazed Apples (Six portions)**

6 apples	$1\frac{1}{2}$ C-water
$1\frac{1}{2}$ C-"C" sugar	1 t-butter

Boil the sugar and water six minutes in a deep saucepan. Do not stir. Pare and core the apples. Place them in the syrup as soon as pared, to prevent them from discoloring. Cook until apples are tender. Remove the apples from the syrup and boil the sugar and water longer if it is not thick enough. Add the butter to the syrup and pour in and around the apples. Serve hot or cold. Granulated sugar may be used, but "C" sugar gives a better flavor.

## CHAPTER XXII

### BETTINA GIVES A PORCH BREAKFAST

**B**ETTINA had risen early that beautiful July morning, for she had much to do. Bob had insisted upon helping her, and at eight, Ruth was coming.

"Such a simple breakfast after all, Bob! Do you think she'll like it?"

"Sure she will! If she doesn't I'll disown her! Say, Bettina, I haven't had my breakfast yet, and ten o'clock sounds far away. May I have just one doughnut with my coffee?"

"Why, Bobby, Bobby! Did I forget you? Your Aunt Elizabeth and the whole suffrage cause is on my mind this morning, but I didn't think even that could make me forget you. Help yourself to anything you see that looks good!"

The Aunt Elizabeth on Bettina's mind was an aunt of Bob's who was to be in town between nine and twelve, in conference with some of the leading suffragists of the city. She wished to see the bungalow, and at ten o'clock Bettina was giving a breakfast for her and the women with whom she was to confer. It was with fear and trepidation that Bettina had invited them, although she declared to herself that she was sure, sure, sure, of every dish on the menu!

As she arranged the great graceful yellow poppies in the center of the porch table, set for six, she was feeling somewhat nervous.

"Bob, you must go now, or you'll be too late for the train. Take a taxi home, not a street car."

"Taxi! You don't know my Aunt Elizabeth. She'd say, 'Say, young man, if you aren't saving your money any better

than this, you ought to be.' And we'd probably end by walking."

"Hurry, dear."

The train proved to be late, and Ruth and Bettina were ready to the last detail. While beautiful, distinguished-looking Aunt Elizabeth was dressing, Bettina was meeting guests at the door. Before she realized it, she had introduced everybody to the guest of honor, and was ushering them out to her charming porch table.

"Oh, Ruth," she said in the kitchen, "isn't my Aunt Elizabeth lovely? I'll say 'mine' now, not Bob's. I was in such a hurry that I forgot to be frightened."

The breakfast consisted of:

Moulded Cereal on Bananas  
Codfish Balls

Whipped Cream  
Egg Souffle

Green Peas  
Twin Mountain Muffins  
Doughnuts

Jelly  
Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Codfish Balls (Four portions)

1 C-raw salt fish	1 egg, well-beaten
2 C-raw potatoes	$\frac{1}{4}$ t-pepper
1 t-butter	more salt if needed
$\frac{1}{2}$ C-cracker crumbs	1 T-water

Shred the fish. Pare and quarter potatoes. Place the fish and potatoes in a stewpan and cover with boiling water. Boil twenty-five minutes or till the potatoes are soft. Do not boil too long or they will become soggy. Drain well, mash and beat until light. Add butter, seasoning and egg. Shape, roll in crumbs, egg mixed with water, more crumbs, and fry in deep fat. These may be shaped into flat cakes, rolled in flour and sautéed in hot fat. Garnish with parsley.

#### Egg Soufflé (Four portions)

2 T-butter	1 t-salt
2 T-flour	a pinch of cayenne or $\frac{1}{4}$
2 C-milk	t-paprika
4 eggs	1 C-white sauce
$\frac{2}{3}$ C-cooked peas	

Melt the butter, add the flour and gradually add the milk. Cook three minutes, add seasoning and the well-beaten yolks. Fold in the beaten whites and turn into buttered moulds. Set in a pan of hot water and bake in a slow oven until firm (about twenty-five minutes). Serve with a white sauce, highly seasoned, to which has been added one cup of cooked peas. Pour the sauce around the soufflé.

**Potato Doughnuts** (Three dozen doughnuts)

1 C-mashed potatoes, hot	½ C-sweet milk
1½ C-sugar	2 eggs
2 T-melted butter	3 C-flour
3 t-baking powder	⅛ t-grated nutmeg
½ t-salt	½ t-powdered cinnamon

Beat the eggs, add the sugar. Mash the potatoes and add the butter and the milk. Add this mixture to the eggs and sugar. Add the flour, baking powder, salt, nutmeg and cinnamon sifted together. Roll one-fourth of an inch thick, cut with a doughnut cutter, and fry in hot deep fat.



## CHAPTER XXIII

### A PIECE OF NEWS

AS Bettina was putting the finishing touches on her porch table, set for dinner, and humming a little song as she tried the effect of some ragged robins in a mist of candy-tuft, all in a brass bowl, she heard a murmur of voices at her front door.

"I'll tell just Betty ; no one else must know—yet. But what if I haven't the courage to tell even her?"

"Perhaps she'll suspect anyhow!"

"Goodness, Harry! You make me afraid to go in! Is my expression different?"

The answer was not audible to Bettina, though she was sure that she heard whispers and a little suppressed laughter. Certainly it had sounded like Alice's voice! What? Could Mr. Harrison be with her? For a moment Bettina stood stock still, feeling like an eavesdropper. Then she let out a gasp of amazement. "Well!" was all she said, and sat down to think. When the door-bell rang, she could not at first gain the composure necessary to answer it.

"Why, how are you, Alice? I haven't seen you for ages! And Mr. Harrison! Do come in ; you must stay to dinner, for you're just in time. Bob will be home any minute."

"Oh, we couldn't stay!" answered Alice. "Har—Mr. Harrison and I were walking home from town, and when we came to this house, we couldn't help stopping to say 'hello.'"

Bettina was conscious of a strained feeling in the air, which made her want to giggle—or shake Alice. After all, she couldn't help overhearing! And yet she might be mistaken!

She found herself saying—she scarcely knew what—to keep up the conversation.

"Do stay! We have a funny little dinner tonight, but I believe you'll like it. Bob had been rather over-worked at the office lately—and I tried today to think of some of his favorite dishes for dinner. I wanted to have a jolly little meal to take his mind off his worries. And it would help a lot if he could see you two people. Do stay! Do you care for blueberry tarts, Mr. Harrison? Well, that's to be our dessert!"

"My, that sounds fine!" said Mr. Harrison. "Couldn't we stay, after all?" he asked, turning to Alice.

"Well, if you really, truly want us," said Alice to Bettina.

"Why, of course I do! I'm delighted to see you! I think we're fortunate. Mr. Harrison, you are usually so busy that we scarcely dare invite you!"

"I suppose I ought to be at work today, but I'm taking a little holiday. I couldn't put my mind on business."

He was actually blushing, Bettina thought. Suddenly she found Alice's arms around her and Alice's laughing face hidden on her shoulder. "Don't, Harry! Let me be the one to tell her!"

And so Bob found them, all laughing and talking at once.

"Hurrah!" said he when he heard the news. "The best possible idea! Is dinner ready, Bettina? Get out some grape juice and we'll drink to the health and future happiness of Alice and Harry! I'm the man that made this match!"

Dinner that night consisted of:

#### **Fish a La Bettina (Four portions)**

Fish a la Bettina	Rice Cakes
Stuffed Tomato Salad	
Rolls	Butter
Iced Grape Juice	Blueberry Tarts

#### **BETTINA'S RECIPES**

(All measurements are level)

#### **Fish a la Bettina (Four portions)**

1 C-medium white sauce	2 T-chopped pimento
1 1/3 C-cooked fish	2 T-chopped sweet pickle
	1/2 t-paprika

Mix ingredients in order given, heat and serve on wafers.

**Rice Cakes** (Four portions)

1½ C-boiled rice	1 egg yolk
½ t-salt	6 T-crumbs
4 T-fat (lard and butter mixed)	

Mix the rice and salt with the egg. Shape into flat cakes, two and a half inches in diameter and one-half an inch thick. Roll in bread crumbs and sauté in hot fat until brown on both sides. (About eight minutes.) If the egg does not sufficiently moisten the rice, add one tablespoon of milk.

**Stuffed Tomato Salad** (Four portions)

4 tomatoes	½ t-salt
1 C-chopped cabbage	¼ t-paprika
4 T-salad dressing	

Stuff fresh tomatoes with cabbage, seasoned, and mixed with salad dressing. Arrange the tomatoes on lettuce leaves and place one tablespoon salad dressing on the top. Add a small piece of green pepper or a sprig of parsley to the salad dressing.

**Blueberry Tarts** (Four portions)

Fill muffin pans with plain pastry. Place two tablespoons of mixture on each crust. Cover with pastry strips and bake twenty minutes.

**Blueberry Mixture**

½ C-blueberries	1 T-butter
¼ C-sugar	1 T-vinegar
1 t-cinnamon	

Mix the berries, sugar, butter cut in small pieces, vinegar and cinnamon. Cook, stirring constantly, over a moderate fire for three minutes.

## CHAPTER XXIV

### BETTINA ENTERTAINS HER FATHER AND MOTHER

“WE had no such steak as this in California!” declared Bettina’s father with satisfaction, as Bob served him a second helping.

“But then,” said Bettina’s mother, “did you find anything in California that you thought equalled anything in your own state? Father never does,” said she, laughing. “He seems to enjoy traveling because it makes him feel that his own home is superior to every other place on earth. And it is,” she agreed, looking about her happily. “I can say that after a summer spent in California, I’m more than thankful to be back again.”

“I was afraid that you and father would be so anxious to open up the house that you wouldn’t agree to come here for your first meal.”

“Of course we’re anxious to get home,” said Mother, “but after you wrote Father that if he would come here to dinner tonight you would have a steak cooked just to suit him, he was as eager as a boy to get here.”

“Well, who wouldn’t look forward to it, after a summer spent in hotels?” said Father. “And I must say that Bettina’s dinner justifies my eagerness. It’s exactly right—steak and all.”

“Now for dessert!” said Bob. “This coffee that I’ve been making in the percolator is all ready, Bettina!”

For dinner that night they had

Pan-broiled Sirloin Steak	Carrots	Mashed Potatoes
Head Lettuce	Thousand Island Dressing	
Sliced Bananas	Quick Cake	
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### **Pan-Broiled Steak** (Six portions)

2 lb. sirloin steak an inch and a half thick	$\frac{1}{2}$ t-salt
1 T-butter	1 T-parsley
	1 T-lemon juice

Wipe the meat with a damp cloth. Have a tin pan sizzling hot. Place the meat in the pan and cook directly under the broiling flame. Turn frequently with spoons, as a fork will pierce the meat and allow the juices to escape. A steak an inch and a half thick should be cooked from eight to ten minutes. Place the steak on a hot platter. Sprinkle with salt, lemon juice and parsley. Dot with butter. Serve very hot.

#### **Gravy** (Six portions)

2 T-drippings from the steak	$\frac{1}{2}$ C-water
2 T-flour	$\frac{1}{2}$ C-milk
	$\frac{1}{4}$ t-salt

Pour the drippings from the steak into a pan, add flour and mix well. Allow the flour to brown, add water and milk very slowly to the flour and drippings. Add the salt and allow to cook until the gravy thickens. If there are not two tablespoons of drippings, add sufficient butter to equal the amount.

#### **Carrots** (Six portions)

6 medium-sized carrots	$\frac{1}{2}$ t-salt
2 T-butter	$\frac{1}{4}$ t-pepper

Wash and scrape the carrots, cut into two-thirds inch cubes and cook until tender in enough boiling water to cover. (About fifteen minutes.) Drain, add the butter, salt and pepper. Heat thoroughly and serve. Carrots may be scraped and steamed whole or cooked whole in boiling water.

**Quick Cake** (Sixteen pieces)

1/3 C-butter	1 2/3 C-flour
1 1/2 C-brown sugar	3 t-baking powder
1 egg	1 t-cinnamon
1/2 C-milk	1/2 t-nutmeg
1/4 t-salt	6 dates, cut fine

Cream the butter, add the sugar and mix well. Add the egg and milk, salt, flour, baking powder, cinnamon, nutmeg and dates. Beat for two minutes. Bake in a well-buttered loaf cake pan for thirty-five minutes.

**Icing**

1 egg white	3/4 C-powdered sugar
2 T-cold water	1/2 t-vanilla

Beat the egg white until very stiff; add water and sugar gradually. Beat thoroughly and add the flavoring. Beat until it will stand alone, then spread on cake. More sugar may be added if necessary.

**Thousand Island Salad Dressing** (Six portions)

1/2 C-olive oil	1/4 t-paprika
juice of half a lemon	1 t-Worcestershire sauce
juice of half an orange	1/4 t-mustard
1 t-onion juice	1 T-chili sauce
1/4 t-salt	1 T-green pepper cut fine
	1 t-chopped parsley

Place all the above ingredients in a pint fruit jar, fit a rubber and top tightly on the jar, shake vigorously until well mixed and creamy, and pour over head lettuce, tomatoes, asparagus, peas, beans or spinach. Serve as a salad.

## CHAPTER XXV

### THE BIG SECRET

“COME in, Alice! Now do say that you’ll stay to dinner, for we can talk afterward.”

“Well, if you’ll take me out into the kitchen where you are working. You see, I have all this to learn, and I’m depending on you to help me.”

“Of course I’ll help, Alice, but you are so clever about anything that you care to do that I know you’ll soon outstrip your teacher. Tell me first, does anyone know the Big Secret yet?”

“Not a soul but Bettina, Bob, and my family. That is what I came to talk about.”

“Oh, Alice, I’d love to be the one to give the announcement luncheon, or the breakfast, or whatever you prefer to have it!”

“Would you do it, really? Bettina, I’ve been longing to have you offer, but it is work and trouble, and I didn’t want to suggest it.”

“Why, Alice, I just enjoy that kind of work! I’d be flattered to be allowed to have it here. Of course, you know that I can’t do anything very elaborate or expensive, but I’m sure that between us we can think up just the prettiest, cleverest way of telling it that any prospective bride ever had!”

“Bettina, my faith is in you!”

“When do you plan to be married?”

“Late in October or early in November, I think. And I’d prefer not to have it announced for a month. You see, I don’t want to allow time for too many festivities in between.”

"Oh, Alice, if you take my advice, you won't have any showers or parties at all. I know you! If you do allow it, you'll have more excitement than any bride in this town!"

"Well, Harry advises me not to, but oh, Betty, you know how it is! I know so many people, and I do like fun, and then Mother likes to think of me as the center of things. She's afraid that when I am married to Harry I'll become as quiet as he is, and then too, I honestly don't think she'd feel that I was really married without it. You know sister Lillian had lots of excitement and more parties crowded into a day than——"

"Yes, and she was so tired that she nearly fainted when she stood up to be married!"

"That's true, but she liked the fun, anyhow. She says that a girl can have that kind of fun only once, and she's silly to deny herself. Well, I'll have a whole month to think it over in. I've been sitting here all this time, Bettina, trying to decide what it is that you are making—those croquettes, I mean."

"They are potato and green corn croquettes, and Bob is very fond of them. I made them because I happened to have some left-over corn. Until I learned this recipe, I didn't know what to do with the ears of cooked green corn that were left."

"And what is the meat dish?"

"Well, that is made of left-overs, too, but I think you'll like it. Creole Lamb, it is called. It is made of a little cold cooked lamb that was left from last night's dinner. The rhubarb sauce that I am serving with the dinner was our dessert last night. But I do have a very good new dessert!"

"New or not, the dinner does sound good. There is Bob, now, and I'm so glad, for I confess that my appetite is even larger than usual!"

The menu that night was as follows:

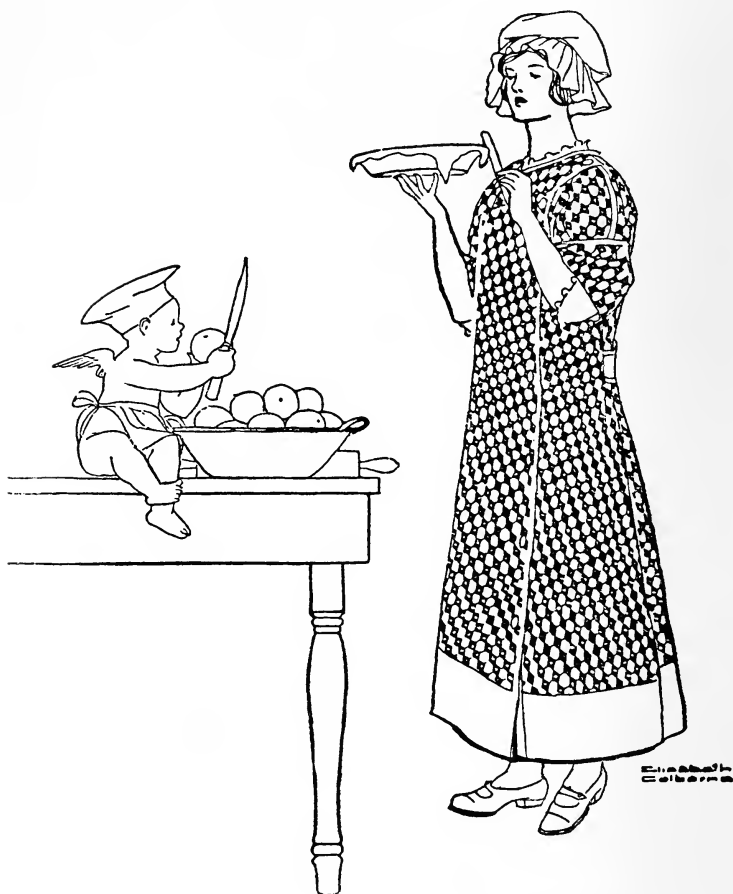
	Creole Lamb	
	Potato and Green Corn Croquettes	
	Rhubarb Sauce	
Bread		Butter
Head Lettuce		French Dressing
Lemon Pie		Cheese





## SEPTEMBER.

*Apple-tree, apple-tree, crowned with delight,  
Give me your fruit for a pie if you will;—  
Crusty I'll make it, and juicy and light!—  
Give me your treasure to mate with my skill!*



## CHAPTER XXVI

### RUTH MAKES AN APPLE PIE



“I’LL tell you, Ruth,” said Bettina, in answer to some questions, “you come home with me now, and make an apple pie for our dinner! I’ll watch and direct you, and perhaps I can show you what made the crust tough on the one you made at home. Do come. I can’t promise you an elaborate dinner to-night, for my funds are very

low and I must be careful. But I had planned to make an apple pie myself. Bob is so fond of it that no matter what else we may have, an apple pie dinner is a feast to him.”

“But goodness, Bettina! I might spoil it!”

“No, you wouldn’t, and I would show you just what to do. I suspect that you handled the dough too much before and that was what made the pie seem tough.”

“I suppose I did; I was so anxious to have it well mixed.”

“Did you use your fingers in mixing in the shortening? I know that many good cooks do it, but it is really better to use a knife, with the blade flat. And then roll the pastry out just as lightly as possible.”

“Do you make pastry with lard or butter?”

“I usually make it with an equal amount of each. Lard makes a more tender crust than butter, and a whiter crust, but I think butter gives it a better flavor.”

Bettina and Ruth had reached home by this time, and Bettina brought out the materials for Ruth's pie. "I'll give you ice-water to moisten the pastry," said she; "it isn't necessary, but it is really better in the summer time. And while you're mixing in the shortening with this knife, I'll be cooking some eggs hard for eggs a la goldenrod which I am going to give you tonight."

"Eggs a la goldenrod!" exclaimed Ruth, "How good that does sound!"

"It is a very good luncheon-dish, but I find it also good for dinner when I'm not having meat. I think it looks appetizing, too."

"I must learn how to make it. You know Father comes home at noon, and it is hard to think of a variety of luncheon-dishes. I usually have eggs or cheese in some form or other, but 'eggs a la goldenrod,' are new to me."

"We also have cottage-cheese tonight," said Bettina. "I plan to make it about once a week. Ruth, I believe I hear Bob now! Well, he'll have to wait half an hour or more for his dinner!"

That night they had:

Eggs a la Goldenrod	Potato Cakes
Strained Honey	Cottage Cheese
Bread	Butter
Apple Pie	Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### **Eggs a la Goldenrod** (Four portions)

3 hard-cooked eggs	1½ C-milk
3 T-butter	½ t-salt
3 T-flour	⅛ t-pepper
	⅛ t-parsley

Melt the butter, add the flour, salt and pepper. Mix well. Add the milk gradually. Cook until a white sauce consistency. Add chopped egg-whites. Pour this mixture over slices of toast arranged on a platter. Force the yolks through a strainer on top of the sauce on the toast. Garnish with parsley and serve hot.

**Potato Cakes** (Four portions)

2 C-mashed potatoes      1 T-lard  
1 T-butter

Form cold seasoned mashed potato into cakes two inches in diameter. Dip the cakes lightly into a little flour. Allow one tablespoon butter and one tablespoon lard to get very hot in a frying-pan. Put in the cakes, brown on each side, and serve.

**Cottage Cheese** (Four portions)

1 qt. sour milk       $\frac{1}{4}$  t-paprika  
1 t-salt              1 T-cream

Place thick freshly soured milk over a pan of hot water, not boiling. When the milk is warm and the curds separate from the whey, strain off the whey in a cheese cloth. Put into a bowl, add salt, pepper and cream to taste. Stir lightly with a fork.

**Some of Bettina's Pastry Rules**

One—All the materials must be cold.

Two—Always roll one way and on one side of the pastry.

Three—Shortening should be handled as little as possible.

Four—Dough should be mixed with a knife and not touched with the hands.

Five—Shortening should be cut in with a knife.

Six—Cook pastry in a hot oven having the greatest heat at the bottom so that it may rise before browning. Crust is done when it slips from the pan.

## CHAPTER XXVII

### BETTINA MAKES APPLE JELLY

“**W**HAT have you been doing?” asked Bob, as he and Bettina sat down to dinner.

“Oh, Bob, I’ve had the nicest day! Mother ’phoned me this morning that Uncle John had brought her several big baskets of apples from the farm, and that if I cared to come over to help, we would put them up together, and I might have half. Well, we made apple jelly, plum and apple jelly, and raspberry and apple jelly. I had made all these before, and knew how good they were, but I learned something new from Mother that has made me feel happy ever since.”

“And so you came home, and in your enthusiasm made this fine dandy peach cobbler for dinner!”

“Bob, that was the very way I took to express my joy!”

“Well, what is this wonderful new apple concoction?”

“Perhaps it isn’t new, but it was new to me! It is an apple and mint jelly, and I know it will be just the thing to serve with meat this winter.”

“How did you make it? (I hope you are noticing how interested I’m becoming in all the cooking processes!)”

“Well, I washed and cut into small pieces four pounds of greening apples. Then I washed and chopped fine one cup of fresh mint, and added it to the apples. I covered the mixture with water, and cooked it all till the apples were so tender that they were falling to pieces. I strained it then, and used three-fourths of a cup of sugar for each cup of juice. I cooked this till the mixture jellied, and then I added four teaspoons of

lemon juice and enough green vegetable color paste to give it a delicate color."

"Isn't that coloring matter injurious?"

"Oh, no, Bob! It's exactly as pure as any vegetable, and it gives things such a pretty color. Why, I use it very often, and I'm sure that more people would try it if they knew how successful it is! It is such fun to experiment with. Of course, I never use anything but the vegetable coloring."

"Well, go on with the jelly. What next?"

"That's all, I think. I just poured it into glasses, and there it is, waiting for you to help me carry it home from Mother's. Now, Bob, won't that be good next winter with cold roast beef or cold roast veal? I know it will be just the thing to use with a pork roast!"

"I'm growing very enthusiastic. Sounds fine. But speaking of cooking, this is a mighty good dinner. I like peach cobbler as well as any dessert there is."

"I'm glad you like it. But I forgot to tell you, Bob, that I'm to have all the apples I can use in the fall. Uncle John has promised them to me. Then Mother says we'll make cider. Won't that be fine?"

"I should say it will! Cider and doughnuts and pumpkin pie! Makes me long for fall already! But then, I like green corn and watermelon and peaches, so I suppose I can wait."

That evening Bettina served:

	Sliced Beef Loaf	
Sautèd Potatoes		Creamed Corn
Cinnamon Rolls		Butter
Peach Cobbler		Cream

### BETTINA'S RECIPES

(All measurements are level)

#### Sautèd Potatoes (Two portions)

2 large potatoes cooked	$\frac{1}{2}$ t-salt
2 T-lard	$\frac{1}{4}$ t-pepper

Peel cold boiled potatoes. Put two tablespoons of lard in the frying-pan. When hot, add the potatoes and season well with salt and pepper. Brown thoroughly on all sides. (They should cook about ten minutes.)

### **Creamed Corn (Two portions)**

1 C-corn cut from the cob	1 t-butter
1/2 C-water	1 T-milk or cream
	1/2 t-sugar
	1/4 t-salt

Cook the corn and water together very slowly for twenty minutes, or until the water is all cooked out. (Place on an asbestos mat to prevent burning.) Add butter, milk, sugar and salt. Serve hot.

### **Cinnamon Rolls (Twelve rolls)**

2 T-sugar	1/4 C-lukewarm water
1/2 t-salt	1 1/2 C-flour
1 C-milk (scalded and lukewarm)	3 T-butter
1 yeast cake	4 T-sugar
	1/4 C-butter
	1/2 C-sugar

Mix sugar, salt and scalded milk. When lukewarm, add the yeast cake dissolved in one-fourth of a cup of lukewarm water. Add one and a half cups flour. Cover and set in a warm place to rise. When double in bulk, add the butter (melted), four tablespoons sugar and more flour (enough to knead). Let rise, knead and roll into a sheet half an inch thick, spread with a mixture made by adding melted butter, one and a fourth cups sugar and the cinnamon. Roll up like a jelly roll. Cut in slices three-fourths inch thick. Place in a pan one inch apart, let rise again. Bake in a moderately hot oven twenty-five minutes.

### **Peach Cobbler (Two portions)**

1 C-flour	3 good-sized peaches
1 t-baking powder	1/3 C-sugar
1/8 t-salt	1/4 t-vanilla
1 T-butter	1/4 C-sugar
1/4 C-milk	1/4 C-water



Cut the butter into the dry ingredients (baking powder, salt and flour), and add the milk. (The resulting dough should be of biscuit dough consistency.) Peel and slice the peaches, mix well with the sugar (one-third cup) and place on the bottom of a baking dish. (not tin.) Place dough shaped to fit. on the top of the peaches. Make three holes to allow the steam to escape. Bake thirty minutes in a moderate oven. Boil the sugar and water four minutes. When the cobbler has cooked for twenty minutes, pour the syrup over it and allow to cook ten minutes more. Cream may be served with the cobbler if desired.

## CHAPTER XXVIII

### A SUNDAY DINNER

“WE have gone ‘over home’ for so many Sunday dinners lately,” Bettina had said to her mother, “that I want you and father to come here tomorrow.”

“But, Bettina,” her mother protested, “isn’t it too much work for you? And won’t you be going to church?”

“I can’t go to church tomorrow, anyhow. for Bob’s Uncle Eric is to be in town all morning; he leaves at noon, and the Dixons have offered us their car to take him for a drive. Don’t worry, Mother, I’ll have a simple dinner—a ‘roast beef dinner,’ I believe. I often think that is the very easiest kind.”

Sunday morning was so beautiful that Bettina could not bear to stay indoors. Accordingly, she set the breakfast table on the porch, even though Uncle Eric protested that it was too far for her to walk back and forth with the golden brown waffles she baked for his especial delight. When he and Bob had eaten two “batches,” Uncle Eric insisted that he could bake them himself for a while. He installed Bettina in her chair at the table, and forced waffles upon her till she begged for mercy.

“Gracious!” Bettina exclaimed as she heard the “honk” of the Dixons’ automobile at the door. “There are the Dixons already and we have just finished breakfast! Bob, you and Uncle Eric will have to go on without me, for I must get the roast in the oven and do the morning’s work.”

“Well, I learned today to make waffles,” said Uncle Eric.

For dinner that day Bettina served:

Roast Beef	Brown Gravy
Browned Potatoes	Baked Squash
Lettuce	French Dressing
Lemon Sherbet	Devil's Food Cake
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Roast Beef** (Eight portions)

3½ lb. rump roast of beef	2 t-salt
4 T-flour	¼ C-hot water

Roll the roast in the flour and set on a rack in a dripping-pan. Place in a hot oven and sear over all sides. Sprinkle the salt over the meat and add the hot water. Cover the meat and cook in a moderate oven. Baste every fifteen minutes. Allow fifteen minutes a pound for a rare roast, and twenty minutes a pound for a well done roast. When properly done, the outside fat is crisp and brown.

**Brown Potatoes** (Six portions)

6 potatoes 1 t-salt

Wash and peel the potatoes. Sprinkle with salt. Forty minutes before the roast is to be done, add the potatoes. During the last ten minutes of cooking the lid may be removed from the meat and potatoes to allow all to brown nicely.

**Browned Gravy** (Six portions)

4 T-beef drip-	1 C-water
pings	
2 T-flour	¼ t-salt

Place four tablespoons of beef drippings in a pan, add the flour and allow to brown. Add the rest of the drippings, the water and the salt. Cook two minutes. Serve hot.

**Baked Squash** (Six portions)

1 squash	1½ t-salt
2 T-butter	¾ t-paprika

Wash and wipe the squash, and cut into halves, then quarters. Remove the seeds. Place the pieces of squash, skin

down, in a baking-dish and bake in a moderate oven until tender (about one hour). Remove from the oven, mash up with a fork, and add to each portion one-half a teaspoon of butter, one-fourth a teaspoon of salt, and one-eighth a teaspoon of paprika. Reheat in the oven and serve hot.

#### **Devil's Food Cake (Sixteen pieces)**

$\frac{1}{3}$ C-butter	1 t-vanilla
1 C-sugar	$\frac{2}{3}$ t-soda
1 egg	2 C-flour
$\frac{2}{3}$ C-sour milk	
2 squares of melted chocolate	

Cream the butter, add the sugar and continue to cream the mixture. Add the egg, well beaten, and the chocolate. Mix well. Add the soda and flour sifted together, and the sour milk and vanilla. Beat three minutes. Bake in two layer cake pans prepared with waxed paper for twenty-five minutes in a moderate oven.

#### **Icing (Sixteen portions)**

2 C-"C" sugar	2 egg-whites beaten stiffly
$\frac{1}{2}$ C-water	1 t-vanilla

Cook the sugar and water together until it clicks when a little is dropped into a cup of cold water. Pour slowly over the beaten egg whites. Beat vigorously until creamy. Add the vanilla. Pour on one layer of the cake. Place the upper layer on top, and pour the rest of the icing upon it. Spread evenly over the top and over the sides.

## CHAPTER XXIX

### BOB MAKES PEANUT FUDGE

“**I** USUALLY complain when it rains—I have that habit—but I must confess that I like a rainy evening at home once in a while,” said Bob, as he and Bettina sat down at the dinner table. “Dinner on a rainy night always seems so cozy.”

“Liver and bacon don’t constitute a very elaborate dinner,” said Bettina. “But they taste good for a change. And oh, Bob, tonight I want you to try a new recipe I heard of—peanut fudge. It sounds delicious.”

“I’m there,” said Bob. “I was just thinking it would be a good candy evening. Then, when the candy is done, we’ll assemble under the new reading lamp and eat it.”

“Yes, it’ll be a good way to initiate the reading lamp! Wasn’t it dear of Uncle Eric to give it to us? I kept wondering why he was so anxious to know just what I planned to do with the money I won for my nut bread at the fair. I even took him around and pointed out this particular lamp as the thing I had been saving for. And here it arrived the day after he left, as a gift to me! It was dear of Uncle Eric! But now what on earth shall I do with my fair money?”

“Don’t worry about that, Bettina. Put it in the bank.”

“But I’d like to get something as sort of a monument to my luck. Have you any particular needs, Bob?”

“Not a need in the world! Except for one more of those fine fruit gems over there.”

That night they had for dinner:

Liver and Bacon  
Fruit Gems

Tea

Creamed Turnips  
Apple Sauce

**BETTINA'S RECIPES**

(All measurements are level)

**Creamed Turnips** (Two portions)

1 C-turnip cubes	1 T-flour
1/3 t-salt	1/4 t-salt
1 T-butter	1/2 C-milk

Peel the turnips. Cut into one-half inch cubes. Soak in cold water ten minutes. Cook in boiling water in an uncovered utensil until transparent no longer. Drain and sprinkle with salt. Melt the butter, add the flour and the one-fourth teaspoon salt, blend well, add the milk gradually and cook until creamy. Add the turnips and serve.

**Liver and Bacon** (Two portions)

4 slices bacon	1 t-salt
2/3 lb. liver	1/4 t-paprika
3 T-flour	

Cover slices of calves' liver cut one-half inch thick with boiling water. Allow to stand five minutes. Drain and cut into pieces for serving. Sprinkle with salt and pepper and roll in flour. Have a frying pan very hot. Add sliced bacon. When the bacon has cooked on each side, pile up on one side of the pan and add the liver, placing a piece of bacon on top of each portion of liver, thus preventing the bacon from getting too well done, and also seasoning the liver. Brown the liver thoroughly on both sides. (It should be cooked about ten minutes.) Serve hot.

**Fruit Gems** (Nine Gems)

2 C-flour	3/4 C-milk
3 t-baking powder	1 egg
3 T-sugar	1 T-melted butter
1/4 t-salt	1/3 C-seeded, chopped raisins or currants

Mix the flour, baking powder, sugar and salt. Break the egg into the milk, stir well, pour into the dry ingredients. Beat vigorously one minute. Add the melted butter and raisins or currants. Bake in nine well buttered gem pans for twenty minutes in a moderate oven.

**Peanut Fudge** (Six portions)

1 C-"C" sugar	2/3 C-milk
1 C-granulated sugar	1 T-butter
1/4 t-cream of tartar	1 t-vanilla
2 squares of chocolate	1/2 C-broken peanuts

Mix the sugar, cream of tartar, chocolate, milk and butter. Cook over a moderate fire until the fudge forms a soft ball when a little is dropped into cold water. Remove from the fire, allow to stand without stirring for twenty minutes. Beat vigorously until creamy. Add the vanilla and peanuts. When very thick remove to a buttered plate. Allow to harden and cut in squares.

## CHAPTER XXX

### DINNER AT THE DIXONS

“IS it still as much fun to keep house as it was at first, Charlotte?” asked Bettina as she and Bob sat down to dinner with the Dixons.

“Fun?” said Charlotte. “Bettina, look at me! Or better still, look at Frank! And the funny part of it all is that Aunt Isabel thinks our keeping house is a result of her preachments against boarding and hotel living. Why, she quite approves of me now! And I’ll just keep quiet and let her feel that she was the one who did it, but all the while in my heart I’ll be remembering that it was the sight of your happiness that roused my ambition to make a home myself.”

“I tell you,” said Mr. Dixon, “we can never thank you enough, Bettina. Now shall I play ‘Home Sweet Home’ on the piano? And will you all join in the chorus?”

“Not if you sing, too,” said Mrs. Dixon, smiling at her husband’s foolishness. “I’ve learned a great deal from you, since I began, Bettina, and not the smallest lesson is that of having company without dreading it. I don’t try to make things elaborate, just dainty and simple food such as we have every day. Why, tonight I didn’t make a single change for you and Bob! And I don’t believe I should dread even Aunt Isabel’s sudden arrival now.”

“Aunt Isabel is really a good soul, Bettina,” said Frank. “Charlotte has never learned how much worse her bark is than her bite, and she takes it to heart when Aunt Isabel speaks her mind. Why, I remember so well the scoldings she used



to give me when I was a boy, and the cookies she would manage to treat me with afterward! I used to anticipate those pleasant scoldings!"

"If a scolding always comes before food," said Bob, "Charlotte must have given you an extra good one before inviting us to partake of that delicious-looking chocolate pie!"

That evening they had:

Cold Sliced Ham	Creamed Potatoes
Tomatoes Stuffed with Rice	
Peach Butter	
Chocolate Pie	
Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Tomatoes Stuffed with Rice (Six portions)

6 tomatoes	2 T-grated cheese
$\frac{1}{2}$ C-rice, cooked	1 t-chopped onion
$\frac{1}{2}$ C-green pepper, chopped	$\frac{1}{4}$ t-salt
	1 T-butter

Remove a piece one inch in diameter from the stem end of each tomato. Take out the seeds. Fill the shells with the rice, pepper, cheese, onion and salt, well mixed. Place a small dot of butter on top of each. Place in a small pan and bake twenty-five minutes in a moderate oven.

#### Chocolate Pie Crust (Six portions)

1 C-flour	$\frac{1}{4}$ t-salt
$\frac{1}{3}$ C-lard	3 T-ice water

Mix the flour and salt, cut in the lard with a knife, add the liquid slowly, stirring with the knife. More water may be needed. Roll out thin, fit onto a tin pan, prick with holes, and bake in a hot oven until light brown (about seven minutes).

#### Filling (Six portions)

1 C-sugar	2 egg yolks
5 T-flour	$1\frac{1}{2}$ squares melted chocolate
$\frac{1}{8}$ t-salt	
2 C-milk	$\frac{1}{2}$ t-vanilla

Mix well the sugar, flour and salt. Add gradually the milk and beaten egg yolks. Cook in a double boiler fifteen minutes. Add the melted chocolate. Cook until thick (about ten minutes), and add the vanilla. Fill the baked shell, and cover with meringue. Place in a moderate oven and cook until the meringue is a delicate brown (about five minutes).

#### **Meringue**

2 egg whites    4 T-sugar

Beat the whites of eggs very stiff. Add the sugar. Pile lightly on the chocolate mixture. Brown in the oven. Chocolate pie should be served cold.

## CHAPTER XXXI

### A GOOD-BY LUNCHEON FOR BERNADETTE

**B**IG success!" was what Bettina's eyes telegraphed to Ruth across the purple and white asters in the center of a long porch table. Ruth was giving a farewell luncheon for Bernadette, her young cousin, who was leaving that night for a fashionable New York school. Although there was no suggestion of it in the dainty dishes the two girls served to the hungry and vivacious young guests, Ruth was "trying out" her cooking with all of the stage-fright of the beginner. The recipes and suggestions were chiefly Bettina's, and the two had been busy in Ruth's kitchen since early that morning. Bernadette was a critical young person, although light-hearted and affectionate, and Ruth felt that she could set her humble efforts before no sterner judge. Yet all the while, as she tasted each course in its turn, her mind was running on, "Will Fred like this? Some day I'll be serving this to Fred!" It was certainly a satisfaction to feel one's self able to cook a luncheon acceptable to "the younger society set!"

With each course an enormous motto, supposedly of the "Don'ts for School Girls' Series," was brought in ceremoniously on a tray and suspended from the chandelier over the table, until finally five huge, if foolish, "Don'ts" were dangling there for Bernadette's inspection.

With the last course, Ruth, in the postman's hat, coat and bag, brought in an endless supply of letters for Bernadette, to be opened at such times as "When You Meet Your Impossible Room-mate," "When You Feel the First Pangs of Home-

sickness," "When Reprimanded by a Horrid Old Teacher," "When Forced to Mend Your Own Stockings," etc.

Bernadette seized them all delightedly, glanced at the covers and cried out, half in laughter, half in tears, "Oh, girls, I simply can't go 'way off there! I'll die!" Her friends fell upon her with scoldings and hugs, and in the midst of the noise and clamor, Ruth and Bettina slipped out to laugh and talk over Ruth's first serious culinary effort.

The menu consisted of:

	Iced Cantaloupe Balls	
Chicken Croquettes		Potatoes in Cream
	Green Peppers Stuffed with Corn	
Rolls		Peach Pickles
Cherry Salad		Wafers
	Chocolate Cream Pudding	
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Chicken Croquettes (Eight croquettes)

1½ C-cooked chopped chicken	1 t-parsley chopped fine
¼ t-celery salt	¼ C-thick white sauce
1 t-lemon juice	½ t-salt
	2 C-crumbs
	4 T-egg, beaten

Mix the chicken, celery salt, lemon juice, parsley, salt and thick white sauce. Shape into croquettes. Roll in cracker crumbs, beaten egg and more crumbs. Deep fry. Serve hot.

#### Green Peppers Stuffed with Corn (Six portions)

1 C-corn-pulp, cooked	2 T-bread crumbs
½ t-salt	⅛ t-pepper
1 egg-yolk	½ t-sugar
¼ C-milk	1 T-butter
	6 green peppers

Scoop out the contents of the peppers. Mix the corn, salt, egg yolk, milk, bread crumbs, pepper and sugar. Fill the peppers. Dot with butter. Place in a pan and bake thirty minutes in a moderate oven. Cover the bottom of the pan with water. Baste the peppers frequently.

**Cherry Salad** (Six portions)

2 C-California	½ C-hazelnuts
cherries	6 lettuce leaves
6 T-salad dressing	

Remove the seeds from two cups of California white cherries, and fill with filberts or hazel nuts. Arrange on crisp lettuce leaves, and serve with salad dressing.

**Chocolate Cream Pudding** (Six portions)

2 C-milk	1½ squares of melted
5 T-cornstarch	chocolate
½ C-sugar	3 T-hot water
¼ t-salt	2 egg-whites
1 t-vanilla	

Mix the cornstarch, sugar and salt. Add cold milk gradually, mixing well. Melt the chocolate in the hot water, and add it to the other mixture. Cook in the double boiler ten minutes, stirring occasionally. Beat three minutes. Add the stiffly beaten white and the vanilla. Mould, chill and serve. If the chocolate does not melt in the hot water, cook over the fire a minute. Whipped cream may be served with the pudding.

## CHAPTER XXXII

### BETTINA PLANS AN ANNOUNCEMENT LUNCHEON

“**A**ND so I thought, if you were willing, I would have the luncheon the last of this week,” said Bettina to Alice one sultry afternoon which they were spending on Bettina’s porch.

“That’s dear of you, Bettina. Oh, how queer it will seem to have everyone know about it! You must let me help with the luncheon, of course.”

“No, indeed, Alice! Ruth and I are going to do it all alone, and the guest of honor is not to lift a finger! You can advise us, of course, but you mustn’t arrive that day till everything is ready. I want to tell you about a few plans I’ve made. I wish I could consult Harry, too.”

“But he won’t be at the announcement party!”

“No, but he’s the leading man in the drama, and important even when off the stage. Let’s telephone him to come here to dinner tonight. It is so warm that I have planned only a lunch, but we can set the porch table and have a jolly informal time. Do call him up, Alice.”

“I’d love to, of course, if you really want us.”

“Indeed I do, but we’ll have to hurry, for it’s after five now.”

“I’ll help you,” said Alice, after Harry had given his hearty acceptance. “Let me fix the salad.”

“All right, and I’ll stir up some little tea cakes. It’s better not to cut those beets too small, Alice; it makes them soft.

I never add them till just before I serve the salad. There, that's fine! Do you want to fix the parsley to garnish the ham? Ham looks so much better with parsley that I never fail to garnish it. I have nasturtiums for the center of the table, and we'll garnish the salad with them, too."

"It will be a festive little meal. What else can I do while you're baking the tea cakes?"

"You can make the iced tea, Alice. You do everything so easily and deftly that I love to watch you. And you have never cooked at all until lately, have you?"

"No, but I really like it. Wouldn't it be a joke if I should become very domestic?"

"Well, your fate is pointing in that direction! Time is swiftly passing, and in a few short weeks—Alice, shall I call off the announcement luncheon?"

"Oh, no, no, Bettina! Let fate do her worst! I'm resigned."

Supper that night consisted of:

Cold Sliced Ham	Beet Salad
Bread	Butter
Tea Cakes	Apple Sauce
Iced Tea	

### BETTINA'S RECIPES

(All measurements are level)

#### Beet Salad (Four portions)

1 C-cold boiled beets cut in 1/2-inch cubes	1 hard-cooked egg, diced
1/3 C-cold boiled potatoes, cubed	1/3 C-diced cucumber
1/3 C-diced celery	1/2 t-salt
	1/2 C-salad dressing

Mix the beets, potatoes, celery, egg, cucumber and salt very lightly together with a fork. Mix with salad dressing. Serve in a bowl garnished with nasturtium leaves and flowers.

#### "Lightning" Tea Cakes (Twelve cakes)

1 1/2 C-flour	1/3 t-salt
3/4 C-granulated or powdered sugar	3 T-butter (melted)
2 t-baking powder	1 egg
	1/2 C-milk
	1/2 t-vanilla

Sift and mix together the flour, sugar, baking powder and salt. Make a "well" in the center of the mixture and pour in the melted butter, egg, milk and vanilla. Stir all together and beat vigorously for two minutes. Fill well buttered muffin pans half full of the mixture and bake fifteen minutes in a moderate oven.



## CHAPTER XXXIII

### RUTH AND BETTINA MAKE PREPARATIONS

“OH, Bettina, aren’t the butterflies darling?” exclaimed Ruth, looking once more at the table display of her work. “And with everything ready to begin in the morning, won’t things be easy for us both? What shall I do next?”

“Not a thing, Ruth dear. You’ve worked too hard all this afternoon, I’m afraid. Now we’re going to sit down to a good hot dinner, and tell Bob all about our preparations.”

“M—m! Something smells good!” said Ruth. “I’ve been so busy with all these cunning things that I haven’t even thought of eating. But now that you mention it, I’ll admit that I have a fine healthy appetite.”

“Well, dinner is almost ready, and Bob will be here any minute. It’s all in the oven except the corn: meat loaf, sweet potatoes and apricot cobbler.”

“Oh, how good it sounds! More sensible than all our fluffy dishes for the announcement luncheon. But then, I do love fluffy things. I’m sure Alice will like it, and all the others, too. Makes me ’most wish I’d kept my engagement a secret, and announced it with ceremony as Alice is doing. But I couldn’t, somehow.”

“No, you couldn’t, Ruth, and neither could Fred. He’d give it away if you didn’t. So I guess there’s no use wishing you had kept it. Anyhow, you just suit me as you are. You’ve been such a dear to help with the luncheon! Goodness, there’s Bob now!”

The dinner consisted of:

Beef Loaf

Sweet Potatoes

Bread

Corn on the Cob

Butter

Apricot Cobbler

**BETTINA'S RECIPES**

(All measurements are level)

**Beef Loaf (Three portions)**

1 lb. beef ground	$\frac{1}{2}$ t-salt
$\frac{1}{4}$ lb. salt pork, ground	$\frac{1}{8}$ t-pepper
$\frac{1}{4}$ t-onion salt	$\frac{1}{8}$ C-tomato
$\frac{1}{3}$ C-fresh bread crumbs	$\frac{1}{4}$ C-water
1 egg	1 T-fat drippings

Mix the ground beef and salt pork, add the onion salt, fresh crumbs, egg, salt, pepper and tomato. Mix thoroughly. Shape into a loaf which will fit into a small buttered pan. Add the water and pour fat drippings over the top. (Bacon fat is good.) Cover the pan, and allow to cook in the oven one-half hour. Uncover the loaf, basting frequently, and brown it. This will take fifteen or twenty minutes. Serve hot. More water may be added while cooking if necessary.

**Sweet Potatoes (Three portions)**3 potatoes  $\frac{3}{4}$  t-salt

Peel the potatoes, salt them with one-fourth a teaspoon of salt in each potato, and place them in the pan with the meat. This gives the potatoes a good flavor.

**Bettina's Apricot Cobbler (Three portions)**

1 C-cooked and sweetened apricots	$\frac{1}{3}$ t-salt
1 T-flour	2 T-butter
$\frac{1}{2}$ t-cinnamon	$\frac{1}{3}$ C-milk
1 C-flour	$\frac{1}{3}$ C-sugar
2 t-baking powder	$\frac{1}{2}$ C-water
	$\frac{1}{2}$ t-vanilla

Mix the apricots, one tablespoon flour and cinnamon. Mix and sift together flour, baking powder and salt. Cut in the butter with a knife. Add the milk until a soft dough is formed. Place the apricot mixture in a baking-dish and the dough on top of the apricots. Cook the water and sugar together for three minutes. Add the vanilla. When the cobbler has baked fifteen minutes pour syrup over it. Bake ten minutes more in a moderate oven.

## CHAPTER XXXIV

### A RAINBOW ANNOUNCEMENT LUNCHEON

“OH, Bettina, how lovely!” cried the ten guests in a chorus, as Ruth and Bettina ushered them into the softly lighted dining-room. Not one had had even a glimpse of the luncheon table before, for Ruth had been entertaining them on the porch while Bettina put on the finishing touches. It all seemed a burst of soft rainbow colors. “What is it?” cried someone. “How did you ever get the rainbow effect?”

“Let’s not examine it too closely,” said Bettina. “You know a rainbow after all is nothing but drops of water with the sun shining through, and maybe my rainbow table has a prosy explanation, too.”

From the low mass of variegated garden flowers in the center—pink, yellow, lavender, orange, blue, and as many others as the girls could find—ran strips of soft tulle in rainbow colors. The strips were attached at the outer end to the dainty butterflies which perched lightly on the tulle covered candy cups. These candy cups held pink, lavender and green Jordan almond candies. More butterflies in all sizes and colors hovered among the flowers. Upon the plain white name cards, little butterflies had been outlined in black and decorated in butterfly colors. Ruth and Bettina had cut with the scissors around this outline and then, when it had been cut almost away, had folded back the butterfly so that it stood up on the card, as ready for flight as its brothers and sisters.

“Aren’t they cunning?” exclaimed Barbara, taking her butterfly from her favor cup. “Goodness, it’s attached to some-

thing!" Pulling gently by the rainbow tulle to which the butterfly had been pasted, she drew forth from the greenery in the center a little golden bag. It was in reality a little fat bag of soft yellow silk tied with gold cord and holding something that, seen through the mesh, appeared to be—gold?

The other girls, in great excitement, drew forth their little bags.

"Rice!" declared Mary, "though it looks yellow!"

"It's the bag of gold at the foot of the rainbow!" exclaimed Ruth, with flushed cheeks. "Discovered by——"

"Harry Harrison and Alice!" cried the girls, laughing almost hysterically. For one small card which read, "Discovered by" and the two names, in gold letters, was tied to the little bag by the gold cord.

"Alice, how did you ever manage to keep it a secret?" asked someone.

"Well, it would have been harder if you had all known Harry, but you see, we haven't been with the crowd much lately, have we? Now admit it! You haven't even missed me!"

"But you're more of a butterfly than any of the rest of us. And the limits of the old crowd don't always bound your flutterings."

"I'm not a butterfly any more," said Alice. "I suppose I'll have a butterfly wedding (Harry will detest it, but he'll have to give in that once), but after that I expect to be as domestic as Bettina here, though not such a success at it, probably. Aren't these orange baskets the prettiest things?"

The girls, in their excitement, had almost forgotten to eat, but now they looked down at their plates. Fruit cups in orange baskets, with handles of millinery wire twisted with pink, green, yellow and violet tulle, added to the rainbow effect. The baskets were placed on paper doilies on tea plates, and were artistically lined with mint leaves.

"It looks too pretty to eat," said Dorothy.

"Ruth will feel hurt if you don't like it, but I know you will," said Bettina. "She prepared this course, and made most of the table decorations, too."

"And didn't you wish that you were announcing something yourself, Ruth?" asked Mary. "Although I don't believe the crowd could stand two such surprises! We've known Fred and you so long that your engagement seems the natural thing, but when a perfectly strange man like Mr. Harrison happens by, and helps himself to one of our number—well, it certainly takes my breath away! Where did you first meet him, Alice? Was it love at first sight?"

"Love at first sight? Bob introduced us—here, in this very house, and I thought—well—I thought Harry the most disagreeably serious man I'd ever had the misfortune to meet! And he thought me the most disagreeably frivolous girl he had ever seen! So our feud began, and of course we had to see each other to fight it out!"

"And then comes Bettina's rainbow luncheon to show us how serious the feud proved to be," laughed Barbara. "What? More courses, Bettina? This is a beautiful luncheon! I wonder who'll be the next to discover the treasure at the foot of the rainbow?"

The menu consisted of:

Fruit Cups in Orange Baskets

Cream of Celery	Soup	Whipped Cream
	Salt Wafers	

Tuna Moulds	Egg Sauce
Potatoes a la Bettina	
Green Peppers Stuffed with Creamed Cauliflower	
Rolls	Butter

Head Lettuce, Russian Dressing  
Thin Sandwiches in Fancy Shapes

Marshmallow Cream  
Coffee

**BETTINA'S RECIPES**

(All measurements are level)

**Tuna Loaf (Eight portions)**

1½ C-tuna	1 t-lemon juice
1 C-fresh bread crumbs	1 t-chopped green pepper
2 eggs (just the yolks may be used)	1 t-salt
	¼ t-paprika

Mix all the ingredients together thoroughly, picking the fish apart with a silver fork. Mould firmly in a loaf. Roll in flour, and place in a buttered bread pan. Dot with butter, and bake thirty minutes in a moderate oven. This same recipe may be distributed among fancy individual moulds, filled half full. Arrange a star-shaped piece of pimento, green pepper, beet or egg in the bottom of a fancy aluminum mould. An attractive design may be made by putting the star cut from any vegetable with radiating pieces of any other kind of vegetable of a different color. Place the design firmly on the fish. Set the moulds in a pan of hot water and bake until the mixture is firmly set. (About thirty minutes.) Remove from the oven, let moulds stand three minutes, and then, with the assistance of a knife, slip them from the pan, unmould all the moulds in one flat pan, and keep them hot until needed. Do not forget that the mould must be thoroughly buttered before using. When ready to serve, make a regular vegetable white sauce (two T-butter, 2 T-flour, 1 C-milk,  $\frac{1}{4}$  t-salt). When ready to serve and while steaming hot, add one beaten egg yoke. The hot sauce will cook the egg. Pour around the mould.

## CHAPTER XXXV

### AN EARLY CALLER

**B**OB had scarcely left the house the next morning when Bettina was called to the door. "I couldn't resist coming!" said Alice. "The announcement party was lovely, and I must thank you for doing it. Aren't you tired to pieces?"

"No, Ruth helped me a great deal, and by the time Bob came home to dinner, the luncheon dishes were washed and put away and the house was in apple-pie order."

"Everything tasted delicious, Bettina. Maybe it sounds altogether too practical for my own announcement party, but I'm armed with a pencil and a notebook, and I do want to get some of those recipes of yours!"

"You're welcome to them all, Alice, of course. They are all recipes that I have used over and over again, and I'm sure of them."

"What kind of soup was it? Celery? I thought so. Wasn't it hard to prepare?"

"Why, Alice, it was canned celery soup, diluted with hot milk. Then I added a teaspoonful of chopped parsley and a teaspoonful of chopped red pepper."

"But surely it had whipped cream in it, Bettina!"

"Yes, I put a teaspoonful of whipped cream in the bottom of the bouillon cup and poured the hot soup on it, so that it would be well mixed."

"Well, that accounts for it; I thought it must be made with whipped cream. Oh, Bettina, everything was so pretty! The tulle bows on the baskets holding the wafers and the rolls—

and the butterflies perched on them! How did you ever think of it?"

"Well, butterflies are a happy choice for decorations! They can be put anywhere, and they are easy to make—at least Ruth says so."

"You use paper doilies a great deal, don't you? Aren't they expensive?"

"Expensive? Well, I wish you'd price them! They are so inexpensive that I like to use them even for a very informal meal; they add such a dainty touch, I think."

"I must write down the recipes for your tuna loaf, and green peppers stuffed with cauliflower, and Russian dressing—and oh, that wonderful kind of rainbow dessert! Bettina, what was that dessert?"

"Marshmallow cream made with gelatine and cream and marshmallows and whites of eggs. I puzzled a long time over a real 'rainbow' dessert, and finally decided on marshmallow cream with a few variations. Come into the kitchen, where I keep my card index, and I'll get all the recipes for you."

### BETTINA'S RECIPES

(All measurements are level)

#### Potato Balls (Four portions)

4 potatoes	1 t-salt
1 C-crumbs	2 T-egg

Boil potatoes of uniform size with the skins on. When cold, peel, roll in crumbs, to which salt has been added and then the beaten egg and crumbs. Deep fry in very hot fat.

#### Green Peppers Stuffed with Cauliflower (Four portions)

4 green peppers	1 C-vegetable sauce
1 C-cooked cauliflower	2 T-crumbs
	1 T-butter, melted

Cut a thin slice from the stem end of each large green pepper and remove the seeds. Parboil ten minutes, and fill with creamed cauliflower and buttered crumbs. Bake until the skins are tender, basting occasionally with butter and water.



**Marshmallow Cream (Four portions)**

2 t-granulated gelatin	1 t-lemon extract
4 T-cold milk	¼ lb. marshmallows, cut in one-fourth cubes
2/3 C-sugar	4 toasted marshmallows
1 1/3 C-double cream	4 pecans
1 t-vanilla extract	4 almonds
1 egg white well beaten	

Soften the gelatin in milk for five minutes, and dissolve by setting the dish in boiling water. Add the sugar. Allow the mixture to cool. When it begins to congeal, add the flavorings. Beat in the whipped cream, and continue beating until it is firm. Fold in the egg-white and the marshmallows cut in cubes. When the mixture begins to set, pile lightly in sherbet cups. Place one-half of a toasted marshmallow on the top, and arrange pecan meats and candied cherries in a conventional design. Set aside one hour to cool and harden.

Bettina colored the mixture with vegetable coloring of a very delicate green. Then on the top she placed a teaspoonful of white whipped cream, then the toasted marshmallow and the different fruits. Bettina browned the marshmallows quickly in the oven, after she had cut them the desired shape. She used cups with handles, and decorated them with fluffy bows of variegated tulle. To make these bows, she took strips of each color desired, one inch wide, tied them together, and "fluffed them out." She might have gained a real rainbow effect by dividing the marshmallow cream (when mixed, but not yet firm) into three bowls, and coloring them green, lavender and pink, with delicate vegetable colors. Then, having beaten in the whipped cream, she might have placed in each sherbet cup three layers, pink, lavender and green. Then, on the top, she might have placed the whipped cream.

## OCTOBER.

*Oh, hazy month of glowing trees,—  
And colors rich to charm our eyes!  
Yet—not less fair than all of these  
Are Mother's fragrant pumpkin pies!*



## CHAPTER XXXVI

### A KITCHEN SHOWER FOR ALICE



“DID you want me for something, Mary?” asked Alice at the door. “Mother said you had telephoned.”

“Come in! Come in!” cried ten girls at once, while Bettina whispered to Ruth: “Thank goodness, she’s come! The muffins are all but done!”

“What in the world!” said Alice.

“A party for you!”

“And I’m wearing my old suit!”

“We caught you this time, but never mind. Come in, and take off your things.”

As soon as Alice reappeared in the living room, a small table was drawn up before the open fire. Two girls appeared, wearing gingham aprons and carrying overflowing market baskets.

“This is a kitchen shower for you, Alice,” Ruth explained somewhat ceremoniously. “But if you are willing, we will use the utensils in serving the luncheon and afterwards present them to you. May we unpack the baskets?”

“Do,” said Alice, laughing.

From the larger basket, Ruth removed twelve white enamelled plates of different sizes (suitable for holding supplies in the refrigerator), and twelve cross-barred tea towels. The

latter she passed around to be used as napkins, and Mary distributed the plates. On the small serving table before the fire, a white muslin table cover was placed. As she unfolded it, Ruth read from the attached card:

"If breakfast you should chance to eat  
Upon the kitchen table—  
I'll make it dainty, fair and neat  
So far as I am able."

When the steel forks and spoons of various sizes were taken out and passed around, two glass measuring cups were found to hold loaf sugar wrapped in frilled paper. Upon one of these Ruth read:

"Please eat us all, but let your sweet  
Sweet hours be duly treasured,  
For we belie the worldly eye—  
True sweetness can't be measured."

A glass rolling-pin filled with stick candy came next, and its sentiments read, and meanwhile the girls had begun to read aloud the advice pinned upon the tea-towels, such as:

"No matter what his whims and wishes—  
Just tell him he must wipe the dishes!"

and

"But if he breaks a cup or plate,  
Just throw the pieces at him straight."

"What vindictive dish-towels!" said Alice. "They're not a bit sentimental!"

When the contents had been removed and all the verses read, the large basket was presented to Alice, who read from its handle:

"To market, to market, to buy your supplies!  
You'll go there in person, if careful and wise."

"I will, Mr. Basket, with you over my arm!" answered Alice.

Meanwhile the girls had carried in the salad in an earthenware mixing-bowl, the muffins heaped high in a small basket with a dainty dustcloth over them, the coffee in a large enamelled pitcher, and the "molasses puffs" wrapped in frilled paper in a basket suitable for holding supplies. "Bettina's apples" were arranged in two flat enamelled pans. All the food was served informally from the small table, and the merriment grew as the luncheon progressed.

"I wish that all the meals Harry and I have together might be as jolly as this one! I'm sure I should be glad to eat always from kitchen dishes, if that is what makes the fun," said Alice.

At the kitchen shower, the luncheon was as follows:

Bettina's Potato Salad  
Twin Mountain Muffins  
Molasses Puffs  
Coffee

Bettina's Spiced Beets  
Currant Jelly  
Bettina's Apples  
Stick Candy

### BETTINA'S RECIPES

(All measurements are level)

#### **Bettina's Potato Salad** (Twelve portions)

3 C-cold boiled potatoes, diced	3 T-diced pimento
1 C-diced celery	2 t-salt
½ C-diced hard-cooked egg	1 T-chopped onion
¼ C-diced sweet pickles	1 C-salad dressing
12 lettuce leaves	

Mix all the ingredients in the order named. Serve the salad very cold on crisp lettuce leaves.

#### **Bettina's Spiced Beets** (Twelve portions)

5 large, cooked beets, sliced	1 T-"C" sugar
	6 cloves
½ C-vinegar	1 t-salt
	⅛ t-pepper

Heat the vinegar, add the cloves, sugar, salt and pepper.

Pour over the beets, cut in one-third inch slices. Allow to stand one hour before serving.

### Molasses Puffs (Twelve portions)

$\frac{3}{4}$ C-molasses	1 egg, well beaten
$\frac{3}{4}$ C-sugar	2 t-ginger
$\frac{1}{2}$ C-hot water	1 t-cinnamon
$\frac{1}{3}$ C-butter and lard (melted)	2 t-soda
	3 C-flour

Mix the molasses and sugar. Add the hot water and fat. Beat well, add the egg and mix thoroughly. Sift the ginger, cinnamon, flour and soda together, and add to the rest of the ingredients, mixing well. Fill well-buttered muffin pans three-fourths full. Bake in a moderate oven for twenty-five minutes. Ice with "C" sugar icing.

### Icing

2 egg-whites beaten stiffly	2 C-"C" sugar
	$\frac{1}{2}$ C-water
	$\frac{1}{2}$ t-vanilla

Cook the sugar and water together until it "clicks" when a little is dropped into cold water. Pour the syrup slowly over the stiffly beaten egg whites. Beat vigorously until cool and creamy. Add the vanilla and spread on the cakes. If the icing gets hard before it is cool, add two tablespoons of water and continue beating. The secret of good icing is steady, constant beating.

### Bettina's Apples (Twelve portions)

12 apples	$\frac{1}{4}$ t-cinnamon
3 C-"C" sugar	$\frac{1}{2}$ t-vanilla
2 C-water	18 marshmallows
	1 T-butter

Wash, peel and core the apples: Place in a broad flat pan in which the sugar and water have been thoroughly mixed. Cook the apples, turning often until tender, remove from the syrup and place in a serving dish. Fill the center with one-half a marshmallow. Add the cinnamon and butter to the syrup and cook five minutes or until it thickens. Pour over and around the apples. Decorate with a marshmallow cut into fourths. Serve warm.

## CHAPTER XXXVII

### JUST THE TWO OF THEM

“IT seems good to be alone this evening, doesn’t it, Bettina?” said Bob, as they sat down to dinner. “Or are you growing so accustomed to gaiety lately that a dinner for two is a bore?”

“Bob!” said Bettina reproachfully. “If I thought you really believed that I was ever bored by a dinner for the two of us,—well, I’d never be in a wedding party again! Alice likes excitement, and I suppose that next week will be very gay, but after the wedding I hope that you and I can have a quiet winter, with just invitations enough to keep us from becoming too stupid.”

“But tell me what the wedding will be like. Is it all planned down to the last detail? I suppose it is, although Harry doesn’t seem to have any idea what it is to be.”

“Poor Harry, he seems to be left out of most of the showers and parties so far.”

“Don’t pity him; he wouldn’t go if he could. I’m just wondering what they’ll do after the wedding. Will Alice go and Harry stay at home? Or, will he be obliging and force himself to go, too?”

“I don’t know, I’m sure. Alice is so full of life that I don’t see how she can settle down and never go anywhere, as Harry would have her. But time will tell. Perhaps they’ll compromise. Meanwhile, we must plan some sort of a shower or prenuptial party that Harry can enjoy, too. One with the men included, I mean. Of course, I know he hates parties, but I

think he would really like a very jolly informal one with just a few friends!"

The dinner for two consisted of:

Cold Sliced Lamb	Baked Potatoes
Bread	Creamed Carrots and Peas
	Butter
Apple Dumplings	

### BETTINA'S RECIPES

(All measurements are level)

#### Creamed Carrots and Peas (Three portions)

$\frac{1}{2}$ C-cooked, diced carrots	$\frac{1}{2}$ t-salt 1 T-butter
$\frac{1}{2}$ C-peas	1 T-flour
	$\frac{1}{2}$ C-milk

Melt the butter, add the flour and salt, gradually add the milk. Cook two minutes. Add the peas and carrots. Serve very hot.

#### Apple Dumpling (Three portions)

$\frac{1}{2}$ C-flour	1 T-lard
1 t-baking powder	2 T-milk
$\frac{1}{8}$ t-salt	2 apples
4 T-sugar	$\frac{1}{2}$ t-cinnamon

Mix the flour, baking-powder and salt, cut in the lard with a knife. Add the liquid, mixing to a soft dough. Roll on a well floured board to one-fourth of an inch in thickness. Wash, pare and quarter the apples. Sprinkle with sugar and cinnamon. Cut the dough in five inch squares; place two quarters of apple in the center of a square; moisten the edges of the dough with water and bring the four corners together around the apple. Place in a tin pan and bake in a moderate oven until the apples are soft. (About thirty minutes.) Serve warm with cream.



## CHAPTER XXXVIII

### A LUNCHEON IN THE COUNTRY

“OH, Charlotte, I’ve just come from the loveliest luncheon,” said Bettina, coming face to face with Mrs. Dixon in front of her own home.

“You have? Another for Alice?”

“No, this was in the country—on the interurban, at Cousin Kate’s. Frances, her daughter, who was married last spring, has come home on a visit, and Cousin Kate was entertaining for her.”

“Tell me about it!”

“Oh, it was just an informal luncheon, but I couldn’t help thinking how delicious everything was, and at the same time inexpensive. In fact, I wrote down several of Cousin Kate’s recipes after the guests had gone, and I’m sure that there aren’t many such inexpensive luncheons that are also so good.”

“You must let me have some of the recipes.”

“Of course I will. Come in now, and copy them.”

“I can’t possibly, Bettina. As it is, I’m afraid that Frank will be home before I am. It’s almost six o’clock now.”

“Is it? Then I must hurry in and start dinner; I want to make some muffins. I hate to have Bob eat a cold dinner just because I’ve been out in the afternoon; in fact, I usually spend more time than usual in the morning fixing some dessert that he especially likes, if I’m to be out in the afternoon. Good-bye, Charlotte!”

“Good-bye, dear!”

The luncheon menu was as follows:

	Oyster Cocktail in Pepper Cases	
Cream of Celery Soup		Croutons
Cheese Timbales	Baked Apples	Creamed Peas
	Baking-Powder Biscuit	
Green Bean Salad	Salted Wafers	
Lemon Sherbet	Devil's Food White Icing	
	Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Oyster Cocktail in Pepper Cases (Six portions)**

6 green peppers	1 T-lemon juice
1 pint oysters	1 T-horseradish
5 T-tomato catsup	$\frac{1}{2}$ t-salt
$\frac{1}{2}$ t-tabasco sauce	

Cut the stem end from the sweet green peppers. Remove the seeds and allow to stand in iced water. Pick over the oysters to remove any shells, and surround with chipped ice until ready to serve. Mix the catsup, lemon juice, horse radish, salt and tabasco sauce. Fill each pepper with four oysters, and put on tablespoon of the mixture on the top. Serve very cold.

**Cheese Timbales (Six portions)**

1 T-butter	$\frac{1}{4}$ t-paprika
1 T-flour	$\frac{1}{4}$ C-fresh, soft bread crumbs
$\frac{1}{2}$ C-milk	$\frac{1}{4}$ C-grated American cheese
$\frac{1}{2}$ t-salt	1 egg

Melt the butter, add the flour, salt and paprika. Mix well, gradually add the milk, cheese and bread crumbs. Cook three minutes, and then stir in the egg, well beaten. Butter six timbale moulds well. Place the cups in a pan of hot water and cook fifteen minutes in a moderate oven. Allow to stand three minutes, and remove from the moulds. Serve hot with creamed peas.

**Bettina's Green String Bean Salad (Six portions)**

1 C-cooked green beans	1 t-salt
$\frac{1}{4}$ C-cut celery	$\frac{1}{4}$ t-paprika
$\frac{1}{4}$ C-pimento, cut fine	$\frac{1}{2}$ C-salad dressing
1 hard-cooked egg, diced	6 pieces of lettuce

Mix thoroughly the beans, celery, pimento, egg, salt and paprika. Add the salad dressing and serve on a piece of crisp lettuce.

**Devil's Food Cake** (Twenty-four pieces)

2 C-brown sugar	3 squares chocolate
1 C-milk	2 C-flour
½ C-butter	1 t-soda
2 eggs	1 t-vanilla

Cream the butter, add one cup sugar. Mix egg yolks, the other cup sugar, one-half cup milk and chocolate; cook two minutes, stirring constantly. When cool, add this to the first mixture. Add the rest of the milk, vanilla, the flour and soda sifted together. Beat two minutes. Add stiffly beaten egg whites. Fill two tin pans prepared with waxed paper, bake in a moderate oven twenty-five minutes. When cool, ice with white icing.

## CHAPTER XXXIX

### A "PAIR SHOWER" FOR ALICE

WHEN Bettina called the girls into the dining-room after several hours spent in hemming dish towels for Alice, they exclaimed that the time had passed so quickly. The table was set for twelve, and the chair at the right of the hostess was gaily decorated with white ribbon and white paper flowers.

"Oh, for me?" cried Alice. "How important I feel!"

As soon as the girls were seated, Ruth rose and placed before the guest of honor a large wicker basket heaped high with packages of all shapes and sizes, each wrapped in white tissue paper and tied with white ribbon. A card hung from the handle of the basket. "I'll read it aloud!" laughed Alice.

"Dear Alice, we have tried to choose  
Some gifts for you that come by twos.  
A few, perhaps, you'll often use,  
While some may comfort and amuse,  
If you should chance to get the blues,  
When household cares your mind confuse.

"This basket, which our blessing bears,  
Besides the gifts that come in pairs,  
Our friendship and our love declares.  
'Twill share your troubles and your cares  
And hold the hose that Harry wears.  
So keep them free from holes and tears."

"Goodness!" cried Alice. "The thought of my future cares

frightens me! But now I must open all the packages!"

She discovered a salt and pepper shaker, a pair of guest towels, a pair of hose, a sugar bowl and a creamer, and many other gifts in pairs. It was a long time before the girls could calm down sufficiently to eat the luncheon that Bettina, with Ruth's assistance, set before them.

Bettina served:

	Bettina's Tuna Salad	
Date Bread Sandwiches		Salted Peanuts
Maple Ice Cream	White Cake with Maple Icing	
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Tuna Salad (Twelve portions)

2 C-tuna fish	4 T-pimento, cut fine
2 C-diced celery	2 t-salt
3 hard-cooked eggs, diced	½ t-paprika
3 T-green pepper, chopped fine	1 T-lemon juice
4 T-sweet pickle, chopped fine	1 C-salad dressing

Mix the tuna, celery, eggs, sweet pickle, pepper, salt and paprika with a silver fork. (Care should always be taken not to mash salads.) Add the salad dressing; more than a cup may be necessary. Keep very cold, and serve attractively on a lettuce leaf.

#### Salad Dressing (Twelve portions)

4 egg-yolks	1 t-mustard
½ C-vinegar	4 T-sugar
½ C-water	¼ t-paprika
1 t-salt	2 T-flour

Beat the egg yolks, add the vinegar. Mix the salt, mustard, sugar, paprika and flour thoroughly. Slowly add the water, taking care not to let the mixture get lumpy. Pour into the yolks and vinegar. Cook slowly, stirring constantly until thick and creamy. Thin with sour cream or whipped cream.

#### Date Bread (Eighteen Sandwiches)

1 C-graham flour	2 t-salt
2 C-white flour	1/3 pound of dates, cut fine
3 t-baking powder	1½ C-milk
1/3 C-"C" sugar	1 egg

Mix the flour, baking-powder, sugar, salt and dates ground fine. Beat the egg with a fork, and add the milk. Pour slowly into the dry ingredients. Mix thoroughly and pour into two well-buttered bread pans. Allow to stand fifteen minutes and bake forty minutes in a moderate oven. When cold, cut very thin and spread with butter for sandwiches. Date bread is better for sandwiches when one day old.

#### Maple Icing

1½ C-maple sugar	2/3 C-milk
1½ C-granulated sugar	1 t-butter
1/8 t-cream	of tartar

Cook all the ingredients together until a soft ball is formed when a little is dropped into cold water. Beat until creamy enough to pour on the cake.

#### Salted Peanuts (Twelve portions)

2/3 lb. peanuts (shelled)	4 T-olive oil
	2 t-salt

Cover the peanuts with boiling water; allow to stand for fifteen minutes. Place one-third of the amount in a strainer (allowing remainder to stay in water) and remove the skins. Prepare all the peanuts the same way. Place two tablespoons of oil in the frying pan, when hot add the peanuts; stir constantly with a fork and cook over a moderate fire fifteen minutes. When brown remove the nuts, add another tablespoon of oil and another third of the peanuts, continue until all the nuts are cooked. Add the salt. Lard may be used in place of oil, but the latter makes the nuts taste and brown better.

## CHAPTER XL

### BOB MAKES POPCORN BALLS

“OH, I forgot to tell you, Bettina,” said Bob at the dinner table, “the Dixons are coming over this evening. Frank asked me if we would be at home.”

“I’m so glad they’re coming,” said Bettina. “I haven’t seen Charlotte for several weeks; I have been so busy with the affairs we girls have been giving for Alice. But I wish I had known this afternoon that they were coming. I’d like to celebrate with a little supper, but I haven’t a single thing in the house that is suitable.”

“There’s the cider that Uncle John brought us,” suggested Bob.

“Yes,” said Bettina, “we might have cider. But what else?”

“I’ll tell you,” said Bob, “I’ll make some popcorn balls. I’ve made them before, and I know exactly how.”

“I’ll help,” said Bettina.

“No, I won’t need you at all; I’m the chef.”

“Well, Bobbie, at least you’ll let me look on. May I be washing the dishes at the same time?”

“Yes, I’ll permit that. These are going to be champion popcorn balls, I can tell you, Bettina—as big as pumpkins!”

“We’ll serve them in that large flat wicker basket, and I’m sure they’ll look and taste delicious. But we must hurry, Bob; it’s after seven now!”

For dinner that night they had:

Broiled Ham	Mashed Potatoes
Chili Sauce	Creamed Onions
Prune Blanc Mange with Cream	Hot Scones

**BETTINA'S RECIPES**

(All measurements are level)

**Broiled Ham (Four portions)**

1 lb. ham    2 C-milk

Soak a one-half inch slice of ham in one cup of lukewarm milk for half an hour. Drain and wipe dry. Place in a hot tin pan and cook for five minutes directly under the flame, turning frequently to prevent burning.

**Scones (Fourteen scones)**

2 C-flour	1 egg
4 t-baking powder	$\frac{2}{3}$ C-milk
$\frac{1}{3}$ t-salt	1 T-"C" sugar
2 T-lard	$\frac{1}{2}$ t-cinnamon

Mix the flour, baking-powder and salt. Cut in the lard with a knife, add all but one teaspoonful of the beaten egg, then add the milk gradually. Mix with a knife into a soft dough. Pat into a square shape one-half inch thick. Brush over the top with one teaspoonful of egg and sprinkle with the sugar and cinnamon (mixed thoroughly). Cut into one and one-half inch squares. Place in a tin pan and bake twelve minutes in a hot oven.

**Prune Blanc Mange (Four portions)**

2 T-cornstarch	$\frac{1}{4}$ t-salt
2 T-sugar	$\frac{1}{2}$ C-cooked, cut prunes
4 T-cold milk	$\frac{1}{2}$ t-lemon extract
$\frac{2}{3}$ C-hot milk	$\frac{1}{2}$ t-vanilla

Mix the cornstarch, sugar and salt, and add the cold milk slowly. Gradually add the hot milk. Cook in a double boiler for twenty minutes. Add the prunes, lemon extract and vanilla. Beat well, and serve cold with cream.



## CHAPTER XLI

### AND WHERE WAS THE DINNER?

“HELLO!” called Bob at the door one evening.

No answer.

“Hello, Bettina!” he called again. Again the dark house gave forth no reply.

Feeling, it must be admitted, a little out of harmony with a world that allowed weary and hungry husbands to come home to dark and empty houses when the clock said plainly that it was a quarter after six, Bob made his way to the kitchen. Perhaps Bettina had left his dinner there for him; perhaps she had been called away, or perhaps, even, she had rushed out on some errand after dinner preparations were begun. The kitchen, however, was so immaculate as to seem distinctly forbidding to a hungry man whose appetite was growing keener every minute. And he had been thinking all the way home that a hot dinner would taste so good!

At that moment a clamor of voices at the door aroused him.

“You poor old Bob!” cried Bettina, kissing him twice before Fred and Ruth without the least embarrassment. “Have you waited long?”

“It seemed hours,” admitted Bob.

“Ruth and I have been to a tea for Alice. Fred came for her there, and I persuaded them to come home to dinner with me. I’ll give you each something to do while I stir up a little cottage pudding. Then dinner will be ready in half an hour.”

“Half an hour?” cried Bob. “But, Bettina, where is the dinner? I didn’t see any!”

“In the fireless cooker, you crazy boy! Are you ’most starved?”

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"Well," said Bob, "that cooker was the neatest, stiffest-looking thing in the kitchen! I didn't dream that it was busily cooking a dinner. Say, I'll be glad to see a hot meal again!"

The dinner consisted of:

	Round Steak with Vegetables	
	Dutch Cheese	
Bread		Plum Butter
Cottage Pudding		Vanilla Sauce

### BETTINA'S RECIPES

(All measurements are level)

#### Round Steak with Vegetables (Six portions)

2 lbs. round steak	2 T-flour
6 potatoes	2 T-lard
6 carrots	2 t-salt
6 onions	$\frac{1}{4}$ t-paprika
	$\frac{1}{4}$ C-water

Pound the flour into the round steak with the edge of a small plate. This breaks the fibers of the meat, making it more tender. Wash and peel the potatoes, slicing in half lengthwise. Scrape the carrots, and cut into one-half inch slices lengthwise. Wash the onions and remove their outside skins. Sprinkle the vegetables with one and a half level teaspoons of salt, and the paprika. Add the water, and place in the bottom of the large fireless cooker utensil. Place the lard in a frying pan, and when hot, add the meat. Brown thoroughly on each side. Salt the meat with one-half level teaspoon of salt, and place in the kettle on top of the vegetables. Place the heated disks of the fireless cooker over and under the utensil, and cook at least one hour in the cooker.

#### Cottage Pudding (Six portions)

$1\frac{1}{2}$ C-flour	1 egg
3 t-baking powder	$\frac{1}{2}$ C-milk
$\frac{1}{4}$ t-salt	$\frac{1}{2}$ t-vanilla
$\frac{1}{2}$ C-sugar	3 T-melted butter

Mix the flour, baking powder, salt and sugar. Add the egg, milk and vanilla, and beat one minute. Add the melted butter, and pour into a well buttered tin pan. Bake twenty minutes in a moderate oven. Serve warm with vanilla sauce.

**Vanilla Sauce** (Six portions)

$\frac{2}{3}$ C-sugar	$\frac{1}{2}$ t-lemon extract
$\frac{3}{4}$ T-flour	$\frac{1}{4}$ t-salt
1 t-vanilla	$1\frac{1}{2}$ C-water
1 t-butter	

Mix the sugar, flour and salt thoroughly. Add the water slowly. Boil two minutes. Add the vanilla, lemon extract, and butter. Beat one minute and serve. If too thick, more water may be added.

## CHAPTER XLII

### ALICE TELLS HER TROUBLES

“**A**ND the minute I caught a glimpse of you, Bettina, at the tea this afternoon, I thought, ‘Oh, if Betty would only ask me to go home with her to a sensible homelike dinner, with no one there but herself and Bob——’ ”

“Not even Harry, Alice?”

“No, not even Harry! I’m so sick and tired of teas and dressmakers and wedding gowns and bridesmaids that I’m tired even of Harry, too! Almost.”

“But, Alice, then why do it all? Why have all this fuss and feathers?” And Bettina’s knife, with which she was cutting bread, came down with a click of vehemence. “It has always seemed silly to me—all the worry and bother——”

“But what can I do now, Bettina? I’ve started, and I’ll have to go through with it! Why, even now, I ought to be home for dinner—mother has several guests—but I phoned her that I had a headache and was coming here, where I could be quiet. And I do have a headache—and no appetite, and——”

“Just wait till you taste this nice brown meat that I have in the oven, Alice! The trouble with you is that you’ve been eating silly party food for such a long time. And tonight you are to have a sensible dinner with plain people.”

“Plain people? Who calls me plain?” interrupted Bob, coming in like a tornado. “Hello, Alice! How can you spare any time from all these festivities I hear about?”

For dinner that night they had:

Rolled Flank of Beef with Bread Dressing	
Browned Potatoes	Hot Slaw
Prune Pudding	Cream
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Rolled Flank of Beef** (Four portions)

1 lb. round steak one inch thick	1 t-salt
2 T-flour	2 one-inch cubes of suet

Wipe the meat, trim the edges, pound on both sides with the edge of a plate to break the tendon. Place the dressing (given below) on the steak, roll, and tie with a cord. Roll in the flour and salt. Place in a small dripping pan, put the suet on the top of the meat, add enough water to cover the bottom of the pan, and bake in a moderate oven for fifty minutes. Baste frequently.

**Bread Dressing**

1 C-soft bread crumbs	$\frac{1}{8}$ t-celery salt
1 T-melted butter	$\frac{1}{2}$ t-salt
1 t-chopped parsley	$\frac{1}{8}$ t-pepper
$\frac{1}{2}$ t-chopped onion	2 T-water

Mix all the ingredients in the order named, stirring lightly with a fork. Place in shape on the meat. Care should be taken not to have the dressing soggy or heavy.

**Prune Pudding** (Four portions)

1 C-cooked, seeded and chopped prunes	1 t-vanilla
$\frac{3}{4}$ C-sugar	$\frac{1}{2}$ t-lemon extract
$\frac{1}{4}$ C-nut meats, cut fine	$\frac{1}{2}$ C-cracker crumbs
$\frac{1}{2}$ C-milk	1 t-baking powder
	$\frac{1}{8}$ t-salt

Mix all the ingredients in the order named. Pour into a well-buttered shallow earthenware dish. Place the dish in a pan of hot water and bake twenty-five minutes in a moderate oven, or until the mixture is firm. Serve warm. Individual amounts may be made in moulds.

## CHAPTER XLIII

### THE DIXONS COME TO DINNER

“**C**HARLOTTE, you must have Bettina tell you how to cook fish this way,” said Frank.

“It’s the Bechamel sauce on it that you like, I suspect,” said Bettina. “And it isn’t at all hard to make. I serve it with so many things. We like it with carrots——”

“Oh, is it the very same sauce that you serve with carrots?” said Charlotte. “I can make it, Frank. I’ll have it for dinner one of these days, with halibut, just as Bettina has served it tonight.”

“There is only one thing to think about especially in making it,” said Bettina. “After you have beaten the egg slightly, add a very little of the hot liquid to it, and then pour the mixture into the rest. Then cook it a short time, not long, as a sauce made with egg sometimes separates.”

“I’ll remember,” said Charlotte. “You do have such good meals, Bettina. How do you manage it? Sometimes I can think of the best things to cook, and other days I don’t seem to have a bit of imagination!”

“I plan my menu all out a week, and sometimes two weeks, ahead,” said Bettina. “It is really quite a complicated process, as I want to have a variety, as well as inexpensive things that are on the market. Of course, I may change my plans in many details, but I keep to the general outline. Planning the meals seems simple, but it really requires a lot of thinking sometimes. Excuse me while I bring in the dessert. Bob, will you please help me take the plates?”

The menu that night consisted of:

Sautèd Halibut Steak	Bechamel Sauce
Potato Cubes	Butter Sauce
Sliced Cucumbers and Onions with Vinegar	
Rolls	Butter
Prune Whip	Whipped Cream
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Bechamel Sauce** (Four portions)

2 T-butter	1/3 t-salt
2 T-flour	1/8 t-paprika
1 1/2 C-milk	1 egg-yolk

Melt the butter, add the flour, salt and pepper, mix well, and gradually add the milk. Cook until it thickens. (Not as thick as white sauce for vegetables.) Add the egg yolk. Serve immediately.

To add egg yolk to the hot liquid, beat the egg slightly, add a small portion of the hot liquid slowly and pour it all into the remainder of the hot liquid. Cook only a short time, as the mixture may separate if cooked longer.

**Potato Cubes** (Four portions)

2 C-raw potatoes cut	1/2 t-salt
in 3/4-inch cubes	4 C-boiling water

Add the salt to the boiling water, add the potatoes and boil till tender. (About ten minutes.) Drain and shake over the fire for a moment. Add the sauce, and serve.

**Butter Sauce** (Four portions)

2 T-butter	1 t-chopped green pepper
1 T-chopped parsley	1/4 t-paprika

Mix together, heat and add to the potatoes.

**Prune Whip** (Four portions)

1/3 lb. prunes	1 T-lemon juice
3 egg-whites	1/2 C-sugar

Pick over and wash the prunes, then soak for several hours in cold water, enough to cover. Cook slowly until soft, about

fifteen minutes. Rub through a strainer. Add sugar and lemon juice and cook five minutes; the mixture should be the consistency of marmalade.

Beat the whites until stiff, add the prunes when cold, pile lightly into a buttered baking dish and bake twenty minutes in a slow oven. Serve with cream.



## CHAPTER XLIV

### THE WEDDING INVITATIONS

**B**OB and Bettina had scarcely sat down to dinner one crisp cold evening, when they heard laughing voices at the door. "It sounds like Alice," said Bettina. "What can she be up to now? And Harry, too!"

Bob had already thrown open the door, and there, as Bettina had guessed, were Alice and Harry, each carrying a large box.

"We've come to deliver your invitation to the wedding," said Alice. "It may be unconventional, but it's fun. The rest we are going down to mail—that is, if we don't get frightened at the idea, and pitch the boxes in the river instead."

"If that's the way you feel," said Harry firmly, "I'll carry your box myself."

"Please don't, Harry! Just think, I may never have another opportunity of mailing the invitations to my own wedding, so don't deprive me of the privilege."

"Stay to dinner won't you?" said Bettina. "We had really planned on having Uncle John and Aunt Mary this evening, but they didn't come to town after all. So I am sure we have plenty, even to apple dumplings for dessert."

"Harry had asked me to take dinner with him down town," said Alice, "by way of celebrating when these invitations were mailed. But perhaps we might stay here instead, since this was the very place in which we met first! Harry, I believe sentiment demands that we accept Bettina's invitation."

"I must broil another steak," said Bettina, "but that will take only a few minutes. I'm so glad you can stay."

"But we'll have to leave immediately after dinner," said

Alice, "for these invitations simply must be mailed this evening."

That night for dinner, Bettina served:

Beefsteak	Turnips	Mashed Potatoes
Lettuce	Bettina's Russian Salad Dressing	
	Apple Dumplings and Cream	

### BETTINA'S RECIPES

(All measurements are level)

#### Turnips (Four portions)

4 turnips	$\frac{1}{4}$ t-salt
1 T-butter	$\frac{1}{8}$ t-pepper

Wash, pare and cut the turnips in small pieces. Cook until transparent and tender. Drain, mash, add the butter, salt and pepper, mix thoroughly and return to the fire to dry out the superfluous water. Serve hot with vinegar. (Never cook turnips until brown.)

#### Head Lettuce (Four portions)

1 head lettuce

Remove the outer leaves and core of the lettuce. Clean thoroughly. Place very wet in a towel, wrap well and lay directly on the ice. Allow to stand one hour before serving to allow the lettuce to get very cold and crisp.

#### Bettina's Russian Dressing (Four portions)

$\frac{1}{2}$ C-salad dressing	2 T-chili sauce
1 T-chopped green pepper	

Mix the ingredients in the order named. Shake thoroughly in a glass jar. Serve cold.

#### Apple Dumplings (Four portions)

1 C-flour	$\frac{1}{3}$ C-water
2 t-baking powder	4 apples
$\frac{1}{4}$ t-salt	$\frac{1}{2}$ C-sugar
2 T-lard	1 t-cinnamon

Mix thoroughly the flour, baking powder and salt. Cut in the lard with a knife, and then add the water, mixing to a

soft dough. Roll on a well-floured board to one-fourth of an inch in thickness. Wipe and pare the apples, and cut them in quarters.

Cut the dough in four square pieces. Place four quarters of apple in the center of each piece of dough. Sprinkle with sugar and cinnamon. Moisten the edges of the dough with water. Bring the four corners of each piece up around the apple, pressing tightly together. Pierce with a fork to allow the escape of steam. Place each dumpling upside down on a floured tin, and bake thirty-five minutes in a moderate oven. Serve warm with cream.

## CHAPTER XLV

### HALLOWE'EN PREPARATIONS

“**T**HERE it is again!” said Bob to Ruth, who was dining with them. “And now it’s gone!”

“I feel the same old Hallowe’en thrill that I used to, years ago,” said Bettina, “when I turn around suddenly and see a jack-o’-lantern grinning in at the window! Don’t you love them?”

“Those are the Stewart children,” said Bob. “They’re just hoping that I’ll come out and chase them away! There’s no fun for them in having us like it too well! You girls ought to give at least an imitation of a shriek apiece. You don’t have ladylike nerves at all!”

“Bob, that jack-o’-lantern reminds me that we have a piece of work laid out for you—making the jack-o’-lanterns for a Hallowe’en party we have planned. Will you do it?”

“Will I?” said Bob. “Indeed I will! I haven’t made one for years and years! Not since I was a boy!”

“Years and years and years and years!” said Ruth, laughing. “Well, this party is in honor of Harry, so you mustn’t tell him anything about it—not even that we’re giving it. And Bob, I believe Fred would help make the jack-o’-lanterns.”

“See here, Ruth,” said Bob, “you want Fred to get half the credit for the artistic job I’m going to do. Well, for your sake, I may let him help a little, but I’m bossing the work, I can tell you. Why, I’m particular.”

That evening’s menu consisted of:

Breaded Lamb Chops	Creamed Peas	Baked Potatoes
Sliced Tomatoes	Salad Dressing	
Steamed Date Pudding	Lemon Sauce	
Coffee		

**BETTINA'S RECIPES**

(All measurements are level)

**Breaded Lamb Chops (Four portions)**

4 chops	$\frac{1}{2}$ C-bread crumbs
1 egg-yolk	$\frac{1}{2}$ t-salt
1 T-water	1 T-butter

Wash and look over the chops carefully to remove any particles of bone. Beat the egg yolk and water. Dip each chop into the egg mixture, and then roll in the crumbs, to which the salt has been added. Place in a buttered pan, dot well with butter, and bake twenty-five minutes in a hot oven.

**Steamed Date Pudding**

$\frac{2}{3}$ C-soft, fresh bread crumbs	1 egg
$\frac{2}{3}$ C-flour	$\frac{2}{3}$ C-dates, chopped fine
2 t-baking powder	$\frac{1}{2}$ t-salt
$\frac{2}{3}$ C-fine chopped suet	1 t-vanilla
$\frac{2}{3}$ C-sugar	$\frac{2}{3}$ C-milk

Mix all the ingredients in the order given. Stir well for two minutes, and place in a buttered mould. Steam two hours on the stove or in the fireless cooker. Serve hot with lemon sauce.

**Lemon Sauce**

$\frac{1}{2}$ C-sugar	2 T-lemon juice
1 T-flour	$\frac{1}{8}$ t-salt
1 C-water	1 t-butter

Mix well the flour, sugar and salt, add the water and cook for one minute. Add the lemon juice and butter. Beat vigorously, and serve with the date pudding.

## CHAPTER XLVI

### HALLOWE'EN REVELS

"Come, on mystic Hallowe'en,  
Let us seek the dreadful scene,  
Where the witches, imps and devils,  
Elves and ghosts will hold their revels!  
1107 Carberry Avenue.  
Seven o'clock."

THIS was the invitation received by Harry, Alice, Fred and even Bob, who had an inkling of what was about to happen, inasmuch as 1107 Carberry Avenue happened to be his own address. At seven o'clock that evening Bob was nowhere to be found. However, when four horribly disguised figures were ushered into the house, the witch who pointed the way up the stairs seemed satisfied. A few minutes later, the ghosts and demons having removed such garments as were needed only in the outer air, assembled in the weirdly lighted living-room. All of the electric lights were covered with yellow crêpe paper shades, with faces cut in them. Jack-o'-lanterns stood in every conceivable place, and a fire burned brightly in the open fireplace.

The two witches, who were evidently the hostesses, commenced a weird chant in a minor key. The male ghosts, three in number, immediately took up the music, if it could be so called, howling in loud and uncanny tones. Thereupon the witches beckoned the whole company with all speed to the dining-room.

The table was a mass of color and light. Potatoes, carrots and beets, with sticks for legs, held the lighted candles. At each place were individual favors, witches holding the place cards, and small Jack-o'-lanterns standing beside them. The

center of the table was a miniature field of pumpkins and cornstalks.

The place cards were read and the places were found. The guest of honor, he who sat at the right of her who was evidently "witch-in-charge," discovered the following on his card, and the others were equally descriptive and illuminating:

This place is laid for one who soon  
Will marry!  
O youth bewitched by maid and moon,  
Be wary!  
But if you can't, then make it soon,  
Dear Harry!

The supper, decorative as well as delicious, was all upon the table. Little individual pumpkin pies on paper doilies stood beside each place. The salad caused much delight among the guests, who at the invitation of the witches, had now removed their masks. A large red apple with a face cut on the outside, had been hollowed out, and the salad was within. On the top of the apple was a round wafer with a marshmallow upon it to represent a hat. The hat was further decorated with a "stick-up" of stick candy on one side. The apple stood on a leaf of lettuce, with a yellow salad dressing necktie. The favor boxes, which were under the witches, were filled with candy corn, while the popcorn balls, placed on a platter, had features of chocolate fudge, and bonnets of frilled paper.

The supper menu was as follows:

Oyster Patties	Bettina's Surprise Salad
Hallowe'en Sandwiches	Pickles
	Pumpkin Pie
Cider	Doughnuts
Jumbles	Popcorn Balls

"Have another jumble, Harry," urged Ruth. "See, this one has unusual eyes and a particularly soulful expression."

"I have already eaten so many that I fear my memory of this party will be a jumble of faces! I'll see them in my sleep—all with that soulful expression!"

"Another toasted marshmallow, Bettina?" asked Fred,

thrusting it toward her on the end of a hat-pin. "This candle is nearly burned out, so I'm afraid I can't offer you any more."

"It is really time to bob for apples," said Bettina. "Who ever heard of a Hallowe'en party without that! And we must each try to bite the swinging doughnut, and then we must blind-fold each other and try to pin the tail on the unfortunate black cat. Bob, will you carry this tub into the living-room? And Ruth, will you remove the popcorn balls to the piano bench? Perhaps someone will grow hungry from the exertion of these games. And I know that later in the evening Alice, though a guest, will tell our fortunes."

"Alice can tell my fortune by looking at her own hand," said Harry. "Because she holds my happiness there."

"What a sentimental sentence, Harry!" said Fred, looking amazed. "See, you've embarrassed us all!"

"Well, I'm always being called cold and reserved, and I've decided to turn over a new leaf."

"Oh, Harry, don't be so foolish!" said Alice, who had grown as red as the apples on the table. "It's time for games!"

### BETTINA'S RECIPES

(All measurements are level)

#### Oyster Patties (Six portions)

3 T-butter	$\frac{1}{2}$ t-salt
4 T-flour	$\frac{1}{8}$ t-paprika
1 C-milk	$\frac{1}{2}$ pint of oysters

Clean the oysters by removing any shells, and drain off the liquor. Melt the butter, add the flour and salt, and mix thoroughly. Gradually add the milk, stirring constantly. Cook until very thick. Place the oysters in a pan and heat one minute. This "plumps" them. Do not cook too long. Add the oysters to the white sauce, and serve immediately in patty shells which have been freshened in a hot oven.

#### Bettina's Surprise Salad (Six portions)

6 apples	$\frac{1}{2}$ C-sliced diced pineapple
1 green pepper, chopped fine	2 T-chopped nut meats
$\frac{1}{2}$ C-diced celery	1 C-salad dressing
$\frac{1}{2}$ C-seeded white grapes	$\frac{1}{2}$ t-salt
$\frac{1}{2}$ C-diced marshmallows	



Remove the insides of the apples, add the green pepper, celery, grapes, marshmallows, pineapple, nut-meats and salt, mixed thoroughly with the salad dressing. Serve very cold.

### **To Make the Hallowe'en Sandwiches**

When the bread is a day old, cut in slices one-third inch thick. Match in pairs. Cream the butter and spread one side. Place the other side on top. Press firmly. With a thimble cut out circles on one piece of the bread, cut nose and mouth with a knife. The butter showing through gives the resemblance to features.

### **Pumpkin Pie (Eight pies)** Crusts

1 C-flour	3 T-water
5 T-lard	½ t-salt

Cut the lard into the flour and salt. Add sufficient water to make a stiff dough on a floured board. Roll into shape one-fourth inch thick. Place in tin muffin pans making individual pies, filling with the following mixture and baking 30 minutes in a moderate oven.

### **Pumpkin Filling**

1½ C-canned pumpkin	½ t-ginger
2/3 C-brown sugar	½ t-salt
1 t-cinnamon	2 eggs
2 C-milk	

Mix the ingredients in the order given, and fill the pie-crusts two-thirds full.

### **Jumbles (Twenty-four jumbles)**

½ C-butter	½ C-sour milk
1 C-sugar	¼ t-salt
1 egg	About 2 C-flour
½ t-soda	Grape jelly.

Cream the butter, add the sugar, and gradually add the egg, the soda mixed with the sour milk, the salt, and the flour to make a soft dough. (One which will roll easily.) Cut into shape with a round cooky cutter. On the centers of one-half the pieces, place a spoonful of grape jelly. Make features on the rest, using a thimble to cut out the eyes. Press the two together, and bake 12 minutes in a moderate oven.

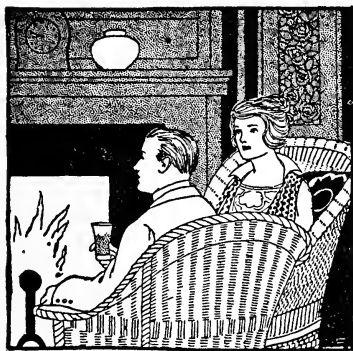
## NOVEMBER.

*Cosy fire a-burning bright,—  
Cosy tables robed in white,—  
Dainty dishes smoking hot,—  
Home! And cold and snow forgot!*



## CHAPTER XLVII

### A FORETASTE OF WINTER



“SAY, but it’s cold today!” called Bob at the door. “Frost tonight all right! I was glad I took my overcoat this morning. Have you had a fire all day?”

“Yes, indeed,” said Bettina, “and I’ve spent most of the afternoon cleaning my furs with corn meal, and fixing those new comforters for the sleeping

porch, and putting away some of the summer clothing.”

“I believe we will need those new comforters tonight. How were you fixing them?”

“I was basting a white cheese-cloth edge, about twelve inches wide, along the width that goes at the head of the bed, you know. It’s so easy to rip off and wash, and I like to have all the comforters fixed that way. I was cleaning my old furs, too, to cut them up. I’m planning to have a fur edge on my suit this winter. I don’t believe you’ll know the furs, the suit, or Bettina when you see the combination we will make together! Fur is the thing this year, you know.”

“Couldn’t you spare me a little to transform my overcoat? I’d like to look different, too!”

“Silly! Come along to the kitchen! There’s beefsteak tonight (won’t it taste good?) and I want you to cook it, while I’m getting the other things on the table. I didn’t expect you quite so soon.”

That night for dinner they had:

Beefsteak	Devilled Tomatoes	Creamed Potatoes
Rolls	Plum Sauce	Butter
	Bettina's Drop Cookies	

### BETTINA'S RECIPES

(All measurements are level)

#### Creamed Potatoes (Two portions)

1 C-diced cooked potatoes	1 T-flour
1 T-green pepper, chopped fine	$\frac{1}{2}$ C-milk
1 T-butter	$\frac{1}{4}$ t-salt

Melt the butter, add the flour and salt, mix well, and add the milk slowly. Cook until creamy, and add the potatoes and the chopped green pepper. Serve very hot.

#### Devilled Tomatoes (Two portions)

2 tomatoes	$\frac{1}{2}$ t-mustard
2 T-flour	$\frac{1}{8}$ t-salt
1 T-lard	A pinch of paprika
$\frac{1}{8}$ t-salt	1 hard-cooked egg
1 T-butter	$\frac{1}{2}$ t-flour
1 T-sugar	2 T-vinegar
	1 T-water

Pee! the tomatoes, cut in half and sprinkle with flour. Place the lard in a frying-pan, and when hot, add the tomatoes. Brown nicely on both sides, and sprinkle with salt. When brown, place on a hot platter and pour over them the following sauce: Sauce—Place the butter in a pan, add the sugar, mustard, salt and paprika, the egg cut fine, and the flour. Mix well, add the vinegar and water. Heat, allow to boil one minute, and then pour over the tomatoes. (If the sauce seems too thick when it has boiled one minute, add a little more water.)

#### Drop Cookies (Twenty-four cookies)

$\frac{1}{3}$ C-butter	$\frac{1}{4}$ t-salt
1 C-sugar	1 t-vanilla
1 egg	$\frac{1}{4}$ C-chopped raisins
$\frac{1}{2}$ C-sour milk	$2\frac{1}{2}$ C-flour
$\frac{1}{2}$ t-soda	$\frac{1}{2}$ t-baking powder

Cream the butter, add the sugar, then the whole egg. Mix well. Add the sour milk and the vanilla. Mix the baking powder, soda and flour well, add the raisins and add to the first mixture. Beat well. Drop from a spoon onto a buttered and floured pan, leaving three inches between the cookies. Bake fifteen minutes in a moderate oven.

## CHAPTER XLVIII

### THE HICKORY LOG

“**S**AY, this feels good!” said Bob, as he warmed his hands by the cheerful blaze.

“Doesn’t it!” said Bettina, enthusiastically. “And see, I’ve set the dinner table here by the fireplace. It’s such fun when just the two of us are here. Isn’t the log burning well?”

“I wondered if we could use one of our new logs tonight—thought about it all the way home. And here you had already tried it! November has turned so much colder that I believe winter is coming.”

“So do I, but I don’t mind, I don’t want a warm Thanksgiving.”

“Dinner ready? M—m, what’s that? Lamb chops? Escaloped potatoes? Smells good!”

“Come on, dear! After dinner, we’ll try those nuts we left so long out at Uncle John’s. Do you think they’re dry enough by this time? Charlotte phoned me that they had tried theirs, and found them fine. By the way, she and Frank may come over this evening.”

“Hope they do. Listen—I hear a car outside now.”

“Sure enough, that’s Frank and Charlotte. Go to the door, Bob! We’ll persuade them to eat dessert with us. . . Hello, people! Come in; you’re just in time to have some tea and a ginger drop-cake apiece.”

“That’s what we came for, Bettina!” shouted Frank, laughing. “And then you must come out in the car with us. It’s a beautiful, clear, cold night, and you’ll enjoy it—if you take plenty of wraps!”

For dinner that night Bettina served:

Lamb Chops	Egg Plant	Escalloped Potatoes
Bread		Butter
Ginger	Drop-Cakes	
	Tea	

**BETTINA'S RECIPES**

(All measurements are level).

**Broiled Lamb Chops** (Two portions)

2 lamb chops    1 t-salt  
                     $\frac{1}{4}$  t-paprika

Wipe the chops and place in a red-hot pan over the flame. When the under surface is seared, turn and sear the other side. Turn often for twelve minutes. When nearly cooked, sprinkle with salt and paprika.

**Escalloped Potatoes** (Two portions)

$1\frac{1}{2}$  C-raw potatoes, sliced     $\frac{1}{2}$  C-milk  
 $\frac{1}{2}$  t-salt                            1 T-butter  
1 T-flour                           $\frac{1}{8}$  t-paprika  
                    1 T-chopped green pepper

Mix the potatoes, salt, flour, paprika and green pepper. Place in a buttered baking dish or casserole. Pour the milk over the mixture and dot with butter. Put a cover on the dish and allow to cook for half an hour. Remove the cover and allow to cook twenty minutes more. More milk may be added if the mixture is too dry.

**Egg Plant** (Three portions)

1 egg plant            1 T-water  
1 t-salt                 $\frac{1}{2}$  C-cracker crumbs  
1 T-egg-yolk        2 T-lard

Peel and slice the egg plant in slices one-half an inch thick. Sprinkle each slice with salt. Place the slices on top and allow to stand for two hours. This drains out the liquid. Wipe each piece with a cloth and dip in the beaten egg-yolk, to which the water has been added. Dip in the cracker crumbs. Place the lard in a frying-pan, and when very hot, add the slices of egg plant. Brown thoroughly on both sides, lower the fire and

cook five minutes. Serve on a hot platter with the slices overlapping each other.

**Ginger Drop-Cakes** (Fifteen cakes)

1 C-molasses	2 t-ginger
$\frac{1}{2}$ C-boiling water	$\frac{1}{2}$ t-salt
$2\frac{1}{4}$ C-flour	$\frac{1}{2}$ C-chopped raisins
1 t-soda	4 T-melted butter

Put the molasses in a bowl, add the boiling water and the dry ingredients, sifted. Then add the raisins and the melted butter. Beat well for two minutes. Pour into buttered muffin pans, filling the pans one-half full. Bake twenty minutes in a moderate oven.



## CHAPTER XLIX

### SOME CHRISTMAS PLANS

“CHRISTMAS is in the air today, I believe,” said Charlotte as she took off her hat and warmed her cold hands at Bettina’s open fire. “You ought to see the children around the toys downtown—swarming like flies at the molasses! Still, we ought to think about Thanksgiving before we begin our Christmas plans, I suppose.”

“I try to get all my Christmas packages ready by Thanksgiving,” said Bettina. “Of course, I don’t always succeed, but it is a splendid aim to have! There is always so much to do at the last minute—baking and company and candy making! This year we plan to give very few gifts—but to send a card at least to each of our friends. We’re racking our brains now to think of something that will be individual—really ours, you know. I think a tiny snapshot of yourself or your home, or your baby or your dog—or even a sprig of holly or a bit of evergreen on a card with a few written words of greeting means more to a friend than all the lovely engraved cards in the world! Of course, some people can draw or paint and make their own—Alice will, I’m sure. One girl I know makes wonderful fruit cake, and she always sends a piece of it, in a little box tied with holly ribbon, to each of her friends. Aren’t the little gifts that aren’t too hard on one’s purse the best after all—especially when they really come straight from the giver, and not merely from the store?”

“Bettina, I’ll be afraid to send you anything after such an eloquent sermon as this!”

“Oh, Charlotte, how you talk! I’m telling you my idea of

what a Christmas gift should be, but I'll probably fall far below it myself! Luncheon is ready, dear."

For luncheon Bettina and Mrs. Dixon had:

Mutton in Ramekins	Rice
Peanut Bread	Butter
Apple Sauce	
Tokay Grapes	Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Mutton in Ramekins (Three portions)

1½ C-cold mutton	1 t-chopped mint
2/3 C-brown gravy	1 egg-yolk
½ t-salt	1 egg-white, beaten stiff

Mix the mutton, gravy, salt, mint and egg-yolk thoroughly. Add the egg-white. Turn into well-buttered ramekins or china baking dishes. Bake in a moderate oven in a pan of hot water for twenty-five minutes. Serve in the ramekins.

#### Rice (Three portions)

½ C-rice	1 t-salt
2 qts. boiling water	1 T-butter

Wash the rice, add slowly to the boiling salted water. Boil twenty minutes. Pour the rice in a strainer and rinse with cold water. Place in the oven for five minutes to dry. Serve warm, dotted with butter.

#### Peanut Bread (Twelve slices)

2 C-flour	4 T-"C" sugar
4 t-baking powder	1 egg
½ t-salt	½ C-chopped peanuts
¾ C-milk	

Mix thoroughly the flour, baking powder, salt, sugar and peanuts. Add the egg and milk. Stir vigorously two minutes. Place in a well-buttered bread pan, and bake thirty-five minutes in a moderate oven.

## L

### AFTER THE FOOTBALL GAME

“**T**HERE are the men now,” said Mrs. Dixon, rolling up the hose she had been darning. “Good!” said Bettina. “The dinner is just ready for them, and I’m glad they didn’t keep us waiting.”

“Hello! Hello!” shouted Frank and Bob, letting in a gust of cold air as they opened the door. “Whew! It’s cold!”

“How was the game?”

“Fine! 39 to 0 in favor of Blake!”

“Not very exciting, I should think.”

“Still, Frank here wanted to bet me that Blake would be badly beaten!”

“Frank!” said Charlotte in exasperation. “Is that the way you show your loyalty to your home college?”

“Shame on you, Frank!” grinned Bob. “Well, dinner ready? I’m about starving!”

“Bettina has a regular ‘after-the-game’ dinner tonight,” said Charlotte. “Just the kind to make a man’s heart rejoice!”

“Hurray!” said Bob, stirring up the grate fire. “And afterward we’ll have our coffee in here, and toast marshmallows. Shall we?”

“Suits me!” said Frank. “Anything you suggest suits me, if it’s something to eat.”

“Dinner’s ready,” said Bettina. “Come into the dining-room, people, and tell us about the game. Charlotte and I have mended all your hose this afternoon, and we deserve a royal entertainment now.”

"Bettina," said Frank, "do you expect us to talk when you set a dinner like this before us?"

The menu consisted of:

Flank Steak, Braized with Vegetables  
Cabbage Salad  
Bread                      Butter  
Brown Betty with Hard Sauce  
Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Flank Steak Braized with Vegetables (Four portions)

1½ lbs. flank steak, 1¼ inches thick	1 T-butter
2 T-flour	1½ C-sliced, raw potatoes
2 t-salt	½ C-thinly sliced onions
	1 green pepper, sliced thin
	1 C-tomato pulp

Cut with a knife across the grain of the flank steak, to prevent it from curling up. Sprinkle the flour and one teaspoonful of salt on both sides of the meat. Dot with butter, and place in an oblong baking pan. Over the meat place a thick layer of sliced raw potatoes. Add the green pepper, and season with one-half a teaspoonful of salt. Place the onions next and the rest of the salt. (One-half a teaspoonful.) Pour one cup of stewed or raw tomato pulp over all the mixture, and cover the baking pan tightly. Cook slowly in the oven for two hours. One-half hour before the meat is done, remove the cover to allow it to brown. Water may need to be added to prevent burning. In serving, very carefully transfer the steak to a hot platter, preserving the various layers of vegetables. To serve, slice down through the layers as through a loaf.

#### Cabbage Salad (Four portions)

2 C-chopped cabbage	½ t-salt
2 pieces of celery	¼ t-paprika
½ C-salad dressing or enough to moisten	

Chop the cabbage and the celery fine. Add salt, paprika and salad dressing. Serve cold.

**Brown Betty** (Four portions)

2 C-bread crumbs	1 t-cinnamon
2 C-sliced apples, pared and cored	$\frac{1}{2}$ C-water
$\frac{1}{4}$ C-sugar	1 T-lemon juice
	1 T-butter
	$\frac{1}{8}$ t-salt

Mix the crumbs, apples, sugar, salt and cinnamon well. Pour water and lemon juice over the mixture. Place in a buttered baking-dish. Place the butter over the top in small pieces. Cover the pan with a lid and bake in a moderate oven forty-five to sixty minutes. Remove the lid after the Brown Betty has been cooking twenty-five minutes. More water may be needed if the apples are not very juicy.

**Hard Sauce** (Four portions)

3 T-butter	$\frac{1}{4}$ t-lemon extract
1 t-boiling water	$\frac{1}{4}$ t-vanilla extract
$\frac{3}{4}$ C-powdered sugar	

Cream the butter, add the water and slowly add the sugar. Continue mixing until very creamy. Add the lemon and vanilla extract. Form into a cube and place in the ice box. Allow to stand half an hour, then cut into slices and serve on top of the Brown Betty.

## CHAPTER LI

### A THANKSGIVING DINNER IN THE COUNTRY

AFTER all the excitement of Alice's wedding, Bettina was more than delighted when she and Bob were invited to a family dinner at Aunt Lucy's on Thanksgiving day. "It always seems to me the most comfortable and restful place in the world," said she to Bob. "And Aunt Lucy is such a wonderful cook, too! We're very lucky this year, I can tell you!"

"Who's to be there?"

"Father and mother—we are to drive out with them—and Aunt Lucy's sister and her big family. Thanksgiving seems more natural with children at the table, I think. And those are the liveliest, rosiest children!"

Bob had slept late that morning, and consequently had eaten no breakfast, but he did not regret his keen appetite when Uncle John was carving the great brown turkey.

"The children first, John," said kind Aunt Lucy. "The grown folks can wait."

Little Dick and Sarah had exclaimed with delight at the place cards of proud turkeys standing beside each plate. In the center of the table was a great wicker basket heaped with oranges, nuts and raisins.

"It doesn't seem natural without pumpkin pie," said Aunt Lucy, "but John was all for plum pudding instead."

"We can have pie any day," said Uncle John, "but this is a special occasion. What with Dick here—and Sarah—and Bettina—who's some cook herself, I can tell you!—I was determined that mother should show her skill! And she did; didn't she?"

The menu was as follows:

Turkey with Giblet Gravy	Oyster Dressing
Mashed Potatoes	Creamed Onions
	Cranberry Frappé
Bread	Celery
Plum Pudding	Butter
Nuts	Hard Sauce
	Raisins
Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### THE THANKSGIVING DINNER RECIPES

##### Roast Turkey (Fourteen portions)

1 12-lb. turkey

The turkey should be thoroughly cleaned and washed in a pan of water to which one teaspoon of soda has been added to each two quarts of water. Wash the inside with a cloth, rinsing thoroughly, allowing plenty of water to run through the turkey. Dry well and stuff. Season all over with salt, pepper and butter. When baking, lay the fowl first on one side, then on the other until one-half hour before taking from the oven. Then it should be turned on its back, allowing the breast to brown. A twelve pound turkey should be cooked three hours in a moderate oven, basting frequently.

##### Oyster Dressing (Fourteen portions)

6 C-stale bread crumbs	2 t-salt
½ C-melted butter	½ t-pepper
1 pt. oysters	

Mix the ingredients in the order given, adding the oysters cleaned and drained from the liquor. Fill the turkey and sew up with needle and thread.

##### Preparing the Giblets

Wash thoroughly the heart, liver and gizzard. Cut through the thick muscle of the gizzard and peel it slowly without breaking through the inside lining. Cut the heart open, and remove carefully the gall bladder from the liver. Wash carefully again, and soak ten minutes in salted water. Cook slowly

until tender, in one cup of water. More water may be needed. Cut fine, and add to the gravy. Save the stock.

### The Gravy

1 C-stock	1 T-cold water
2 T-flour	$\frac{1}{4}$ t-salt

For each cup of liquor, which is left in the roasting pan, add one tablespoon of flour. Mix the flour with two tablespoons of cold water, add the liquid slowly, and cook two minutes. Add one-fourth of a teaspoon of salt, and the giblets. Serve hot.

### Creamed Onions (Six portions)

2 C-cooked onions    1 C-white sauce

Cook the onions in one quart of water in an uncovered utensil until tender. (About fifteen minutes.) Drain and add one cup of white sauce. Serve hot.

### Plum Pudding (Six portions)

2 C-soft bread crumbs	$\frac{1}{2}$ C-molasses
$\frac{1}{4}$ t-soda	4 T-"C" sugar
$\frac{1}{4}$ t-cloves	1 egg
1 t-cinnamon	$\frac{3}{4}$ C-milk
$\frac{1}{4}$ t-salt	$\frac{1}{2}$ C-currants
$\frac{1}{2}$ C-suet	$\frac{1}{2}$ C-raisins
	1 t-vanilla

Chop the suet, and sprinkle with one tablespoon of flour to prevent sticking. Add the raisins, currants, "C" sugar, salt, cinnamon, cloves and bread crumbs. Add the egg and milk beaten together, add the vanilla, mix the soda in the molasses and add to the first mixture. Fill a well-buttered pudding mould one-half full. Steam two hours. Serve with hard sauce.

### Hard Sauce

$\frac{1}{3}$ C-butter	$\frac{3}{4}$ C-brown sugar
2 T-hot water	$\frac{1}{2}$ t-vanilla
	$\frac{1}{2}$ t-lemon extract

Cream the butter, add water and gradually add the sugar. Continue mixing until very creamy. Add the vanilla and lemon extract. Chill and serve over the hot pudding.



## CHAPTER LII

### PLANNING THE CHRISTMAS CARDS

“**A**ND what is in this dish, Bettina?” asked Bob, as he lifted the hot cover.

“Candied sweet potatoes, dear, and I’m almost sure that you’ll like them. I made them in the fireless cooker, and they’re really more candy than potatoes.”

“They’ll suit me, then,” said Bob. “The sweeter the better! My mother used to cook up candied sweet potatoes with a lot of brown sugar syrup—say, but they tasted good about this time of year when I would come in from skating! Well, I believe these are exactly like hers!”

“Only hers weren’t made in a fireless cooker,” said Bettina. “Now, Bob, as soon as you have allayed your hunger a little we must put our heads together long enough to get an idea for Christmas cards. If we have something made, it may take several weeks, and you know it is no small task to address several hundred of them. As soon as we have ordered them, we’d better make out our Christmas list. But first, what shall the cards be? Think, Bob!”

“Goodness gracious sakes alive, but thinking is hot work! Well, how’s this? Suppose we don’t have cards engraved—they’re expensive, and besides, ’twould take too long! We’ll find some plain white correspondence cards—or perhaps white cards with a red edge—and envelopes to go with them, and in the corner of the card we’ll stick a tiny round snapshot of the house. Then we’ll write this verse very neatly and sign it ‘Bettina and Bob.’ Perhaps you can improve on this, however:

“We enclose our Christmas greetings  
 And the hope that we may know  
 Many happy future meetings  
 In this little bungalow!”

“Bob, that’s the very thing!” cried Bettina.  
 For dinner that night they had:

Beefsteak	Fireless Sweet Potatoes
Creamed Carrots	
Pineapple Charlotte	Custard Sauce

### BETTINA’S RECIPES

(All measurements are level)

#### Fireless Sweet Potatoes (Candied) (Six Portions)

6 large sweet potatoes	1 t-salt
1 C-brown sugar	$\frac{1}{4}$ t-pepper
$\frac{1}{4}$ C-water	1 T-butter

Wash and peel the sweet potatoes. Slice them lengthwise in one-half inch slices. Make a syrup by boiling for five minutes the brown sugar and water. Add the butter. Arrange the potatoes in a fireless cooker utensil. Sprinkle with salt and pepper, and pour the syrup over them. Place the heated disks under and over the pan of potatoes, and cook in the fireless an hour and a half.

#### Pineapple Charlotte (Four portions)

2 T-corn starch	2 egg-whites
4 T-cold water	1 t-vanilla
$\frac{1}{4}$ t-salt	$\frac{1}{2}$ t-lemon extract
$\frac{1}{4}$ C-sugar	2 slices of pineapple cut
1 C-boiling water	in slices lengthwise

Mix the corn starch, salt and sugar; gradually add the cold water, stirring well, and then add the hot water. Cook about five minutes, stirring constantly. Then add the vanilla, and the egg-whites stiffly beaten. Pour into a moistened mould in which the slices of pineapple have been arranged. Set in a cool place for two hours. Serve with custard sauce.

**Custard Sauce** (Four portions)

1½ C-milk	½ t-vanilla
2 egg-yolks	⅛ t-salt
¼ C-sugar	1 T-flour
¼ t-lemon extract	

Mix well the sugar, salt and flour, gradually add the beaten egg-yolks, and the milk. Cook in a double boiler until the mixture coats a silver spoon yellow. Add the vanilla and lemon extract. Beat one minute. Serve very cold.

## DECEMBER.

*Roasting turkeys! Rich mince pies!  
Cakes of every shape and size!  
Santa, though they're fond of you,  
Christmas needs us housewives, too!*



## CHAPTER LIII

### HARRY AND ALICE RETURN



“WHO can that be?” said Bettina, laying down her napkin. “Someone is at the door, Bob, I think. I wonder why he doesn’t ring?”

“Hello!” said Bob, throwing open the door. “Why, Bettina! It’s Alice and Harry! When did you get home?”

“We’re on our way home now,” said Harry, as he set down the suitcases he was holding. “Say, these are heavy! We thought we’d stop in for a minute to rest.”

“Welcome home!” said Bettina. “Just think, we don’t even know yet where you went for your wedding trip, though we suspected California.”

“California it was,” said Alice, “along with all the other recent brides and grooms. We escaped any particular notice; there were so many of us. It was rather a relief, though.”

“Have you had your dinner?” asked Bettina, a little embarrassed at the thought of the “dinner for two” that she and Bob were just finishing. There was certainly not enough left for another person, not to suggest two. But then, of course there was her ample emergency shelf.

“We had our dinner on the diner,” said Harry, “or we shouldn’t have dared to stop at this hour.”

“Do come on out to the kitchen,” said Bettina. “Bob is

about to make some delicious sour cream candy, aren't you, Bob? Surely that is a splendid way to entertain a newly returned bride and groom."

"Fine!" said Harry, "though we can't stay long. We must hie to our own apartment and get rid of the dust of travel. We're looking forward to the time when we can return some of your hospitality. I shall learn to make even better candy than Bob's!"

For dinner that night Bettina had:

	Pork Chops with Sweet Potatoes	
	Apple Sauce	
Bread		Butter
Perfection Salad		Salad Dressing

### BETTINA'S RECIPES

(All measurements are level)

#### Pork Chops with Sweet Potatoes (Two portions)

2 sweet potatoes	1/4 t-paprika
1 t-salt	2 chops
1/3 C-boiling water	

Pare sweet potatoes, add salt and place in the bottom of a small roasting pan. Wipe pork chops and place on top of the potatoes. Place the pan, uncovered, on the top shelf of a hot oven in order to brown the chops. Brown on one side and then turn gently and brown on the other. Sprinkle with a little salt and paprika, and add one-third of a cup of boiling water. Cover, and bake one hour, or until the potatoes are done. Baste frequently.

#### Perfection Salad (Three portions)

1 T-granulated gelatin	4 T-sugar
4 T-cold water	1/2 t-salt
4 T-vinegar	2/3 C-diced celery
1 T-lemon juice	1/2 C-shredded cabbage
1 C-boiling water	1 green pepper, chopped
2 T-pimento, cut fine	

Add the cold water to the gelatin, and let it stand for five minutes. Add the boiling water. When thoroughly dissolved add the vinegar, salt, lemon juice and sugar. Mix well. Add

the celery, cabbage, green pepper and pimento when the jelly begins to set. Pour into a mould which has been dipped in cold water. Allow to set in a very cold place for one hour. Serve with salad dressing.

### Sour Cream Candy (Six portions)

2 C-brown sugar 1 t-vanilla  
 1/2 C-sour cream or 1/2 C-sour milk plus 1 T-butter  
 1/4 t-cream of tartar

Mix the sugar, cream of tartar and the sour cream or milk. Cook until a soft ball is formed when dropped in cold water. Remove from the fire and allow to cool. Beat until creamy and place in a well-buttered pan.

## CHAPTER LIV

### SOME OF BETTINA'S CHRISTMAS PLANS

“**T**O-NIGHT,” said Bettina at the dinner table, “I expect to finish three Christmas gifts—one for Alice, one for Mary and one for Eleanor. Now aren’t you curious to know what I’ve been making?”

“Curiosity is no name for it,” said Bob, “but I’m even more curious to know what particular thing it is that makes this ham so tender. Is it baked? Anyhow, it’s the best I have ever eaten.”

“Thank you,” said Bettina, “but you always say that about sliced ham, no matter how it is cooked. But this is a little different. It is baked in milk.”

“Great, anyhow,” said Bob. “Now tell me about your conspiracy with Santa Claus.”

“Well, I am making for Alice an indexed set of recipes—a card index. All the recipes are just for two, and they are all tried and true.”

“Just for two,  
Tried and true—  
Sent, with Betty’s love, to you.”

echoed Bob. “You can write that on the card that goes with it.”

“I shall have you think what to say on all the gifts, Bob. I must show you the box of cards. It is only a correspondence-card box, with the white cards to fit, but I’m sure that Alice will like her new cook book. Then for Mary and Eleanor I



have made card-table covers. Mary's is of white Indian head—just a square of it, bound with white tap and with white tape at the corners for tying it to the table. It is to have a white monogram. Eleanor's is linen-colored and is bound in green with a green monogram. Hers is finished and I shall finish Mary's this evening—that is, if you will read to me while I work!"

"Hurray!" said Bob. "What shall I read? Mark Twain?" For dinner that night they had:

Baked Ham	Baked Potatoes
Corn Bread	Butter
Cranberry Sauce	

### BETTINA'S RECIPES

(All measurements are level)

#### Baked Ham (Three portions)

2/3 lb. slice of ham	1 C-milk
one inch thick	1 T-flour
	1 T-water

Cover the ham with boiling water and let it stand ten minutes. Remove from the pan, and place the ham in a pan just large enough to hold it. Cover with the milk. Place in a moderate oven and bake thirty minutes. More milk may be added if necessary. When the ham is done, add more liquid (enough to make one-half a cup). Mix flour with water. Add the hot milk to this slowly. Heat and cook one minute. Serve with the ham.

#### Corn Bread (Three portions)

1/2 C-corn meal	1/2 t-salt
2/3 C-flour	1 egg-yolk
3 T-sugar	2/3 C-milk
2 t-baking powder	1 T-melted butter

Mix the corn meal, flour, sugar, baking powder and salt thoroughly. Add the egg-yolk and milk, and beat two minutes. Add the melted butter. Mix well. Pour into a well buttered square cake pan. Bake in a moderate oven twenty minutes.

**Cranberry Sauce** (Four portions)

1 qt. cranberries    2 C-sugar  
                               2 C-water

Look over and wash the cranberries. Cook them in the water until they are soft and the skins are broken. Remove from the fire, add the sugar and stir well. Cook three minutes. Pour into a mould which has been dipped in cold water.

## CHAPTER LV

### MORE OF BETTINA'S CHRISTMAS SHOPPING

“**B**OB, said Bettina, as she served the plum pudding, “Christmas is in the very air these days!”

“Did the Christmas spirit inspire this plum pudding?” said he. “Blessings on the head of Santa Claus! But why your outburst?”

“Because today I went shopping in earnest! I bought the very things that seem most Christmassy: tissue paper, white and green, gold cord, a ball of red twine, Santa Claus and holly stickers, and the cards to tie to the packages. I love to wrap up Christmas things!”

“And are most of your gifts ready to be wrapped?”

“No, not all, for some of them can’t be made till the last minute. For instance, I thought and thought about Uncle Eric’s gift! I want so much to please him, but he has everything that money can buy except perhaps a cook that suits him. Finally I decided to send him a box containing a jar of spiced peaches, a jar of Russian dressing, a little round fruit cake, and a box of fudge. The things will all be wrapped with tissue paper, and gold cord and holly——”

“Lucky Uncle Eric!” sighed Bob. “I wish Santa Claus would bring me a Christmas box like that—fruit cake and spiced peaches and Russian dressing——”

“Maybe he will if you’re very good!” laughed Bettina. “If you eat everything your cook sets before you.”

“Tell me something hard to do!” said Bob, with enthusiasm. For dinner that night they had:

	Escalloped Eggs and Cheese	
Baked Potatoes		Current Jelly
	Rolls	
Plum Pudding	with Yellow Sauce	
	Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Escalloped Eggs with Cheese** (Three portions)

3 hard-cooked eggs	1 C-soft bread crumbs
2 T-butter	$\frac{1}{2}$ C-cheese, cut fine
2 T-flour	1 t-salt
1 C-milk	1 t-parsley

Melt the butter, add the flour and mix well. Gradually add the milk. Cook one minute, add the cheese and the eggs cut in slices. Add the parsley and the salt. Place one-half the crumbs in the bottom of a well-buttered baking dish, add the egg mixture and cover with the remaining crumbs. Dot with butter, and brown in a moderate oven.

**Bettina's Plum Pudding** (Four portions)

1 C-fresh bread crumbs	1 t-baking powder
$\frac{1}{4}$ C-suet, chopped fine	$\frac{1}{4}$ C-molasses
$\frac{1}{2}$ t-soda	1 egg
$\frac{1}{8}$ t-ground cloves	$\frac{1}{3}$ C-milk
$\frac{1}{2}$ t-ground cinnamon	4 T-raisins
$\frac{1}{8}$ t-salt	4 T-nuts

Mix the bread crumbs, suet, soda, cloves, cinnamon, salt and baking powder. Add the raisins cut fine, and the nuts. Break the egg into the molasses, beat well, and add the milk. Mix with the first ingredients. Stir and mix thoroughly. Fill a well-buttered pudding mould one-half full. Steam one and a half hours, and serve with yellow sauce.

**Yellow Sauce** (Four portions)

1 egg	1 T-milk
$\frac{1}{4}$ C-powdered sugar	$\frac{1}{2}$ t-vanilla

Beat the egg white until stiff and dry. Add the yolk and beat one minute. Add the powdered sugar and continue beating. Add the milk gradually and the vanilla. Continue beating for one minute. Serve at once over a hot pudding.

## CHAPTER LVI

### CHRISTMAS GIFTS

“**S**PEAKING of Christmas gifts,” said Charlotte, “wouldn’t anyone be delighted to receive a little jar of your Russian dressing, Bettina?”

“I’m sure I’d like it!” said Frank Dixon. “Much better than a pink necktie or a white gift book called ‘Thoughts at Christmas-Tide!’ ”

“Mary Owen makes candied orange peel for all of her friends,” said Bettina, “and I think that is so nice, for hers is delicious! She saves candy boxes through the year, and all of her close friends receive the same gift with Mary’s card. We all know what to expect from her, and we are all delighted, too. And you see she doesn’t have to worry over different gifts for each one. I do think Christmas is growing more sensible, don’t you?”

“My sister in South Carolina sends out her Christmas gifts a few weeks early,” said Frank. “She sends boxes of mistletoe to everyone. They seem to be welcome, too. By the way, Bob, did you and Bettina decide on your Christmas cards?”

“Yes,” said Bob, “and they are partly ready. But we are waiting to get a little picture of the bungalow with snow on the roof—a winter picture seems most appropriate—and the snow isn’t forthcoming! The weather man seems to be all upset this year.”

“Charlotte has been making some small calendars to send out,” said Frank. “She has used her kodak pictures, and I’m

afraid they're mostly of me! I don't know what some of my friends will say when they see me with an apron around my neck, seeding cherries!"

"They'll be surprised, anyhow," said Charlotte. "I rather like that picture myself!"

For dinner that night Bettina served:

Escalloped Oysters	Baked Potatoes
Head Lettuce	Russian Dressing
Baking Powder Biscuits	Apple Jelly
Prune Whip	Cream
Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Escalloped Oysters (Four portions)

2 C-oysters	1 t-salt
2 C-cracker crumbs	$\frac{1}{4}$ t-pepper
3 T-melted butter	$1\frac{1}{2}$ C-milk

Look over the oysters carefully and remove any particles of shell. To the melted butter add salt, pepper and cracker crumbs. Place a layer of crumbs in the bottom of a well buttered baking dish, and add the oysters and more crumbs until the dish is filled. Pour the milk over the oysters and crackers. Bake twenty minutes in a moderate oven.

#### Russian Dressing (Four portions)

1 C-salad dressing	$\frac{1}{2}$ t-paprika
1 t-chopped pimento	$\frac{1}{4}$ t-salt
1 t-chopped green pepper	$\frac{1}{2}$ C-olive oil
1 t-vinegar	$\frac{1}{2}$ C-chili sauce

To the cup of salad dressing, add the oil, chili sauce, seasonings, vinegar and finely chopped vegetables. Beat two minutes. Pour over head lettuce.

#### Prune Whip (Four portions)

$1\frac{1}{3}$ lb. prunes	1 T-lemon juice
3 egg-whites	$\frac{1}{2}$ C-sugar

Look over and wash the prunes. Soak for three hours in

cold water. Cook until soft. Rub through a strainer, and add the sugar and lemon juice. Cook this mixture for five minutes. Beat the egg whites until very stiff, and add the prunes when cold. Pile lightly into a buttered baking dish and bake twenty minutes in a slow oven. Serve with cream.

## CHAPTER LVII

### A CHRISTMAS SHOWER

“**D**EAR Bettina,” wrote Polly, “somehow I never do like to write letters—certainly not at this busiest time of the year!—but I simply must tell you about a luncheon that Elizabeth Carter and I gave the other day for one of our holiday brides. (Angeline Carey; do you remember her? A dear girl—rather quiet, but with plenty of good common sense.)

“We had a large Christmas table (aren’t they simple and effective?), with a Christmas tree in the center, strung with tiny electric lights, and hung with tinsel and ornaments. Strings of red Christmas bells stretched from the chandelier above the table to the four corners. The favors at each place were several kinds,—Santas, little Christmas trees, snow men and sleds, all of them concealing at their bases the boxes holding the salted nuts. The place-cards were simply Christmas cards.

“Before the guest of honor stood a small Santa, larger, however, than any of the other Santas, and in his hands were the ends of twenty or more narrow green ribbons, each leading to a separate shower-package at the base of the tree. These packages (it was a miscellaneous shower) made an interesting-looking heap, but we didn’t ask Angeline to open them until we had reached the salad course. Then she drew each one toward her by the end of a ribbon, opened it, and read the verse on the gift. You have no idea how clever some of



the gifts and verses were! Margaret McLaughlin—do you remember her?—had dressed a dishmop in two tea towels, making the funniest old woman! This she introduced as Bridget, Angeline's cook-to-be! One of the girls who sketches cleverly had illustrated her card with pictures of Angeline in her kitchen.

"But I am forgetting our table decorations! We had furnished four rooms for Angeline, doll size, and the furniture of each was grouped along the table. Besides the living room, bedroom, dining room and kitchen, we presented Angeline and Dean with an auto (in miniature, of course), a cow, a horse, several ducks and chickens, a ferocious dog and a sleepy cat. Weren't we good to them? And lo and behold! beside the auto stood Dean himself, disguised as a little china kewpie man; while Angeline, always a lady, stood gracefully in the living room and refused to help him with his menial tasks, or to assist Nora, who was hanging out the clothes in the back yard. Angeline was a kewpie, dressed in style.

"We had the greatest fun finding and arranging these decorations! And now I must tell you about the luncheon itself. I'm even enclosing our recipes, for I know you'll be interested. . . ."

"Hello, there, Bettina!" called Bob at this moment, coming in with a rush, "is dinner ready? What do you suppose I've done? I've absolutely forgotten to send a Christmas gift to Aunt Elizabeth, and I know she'll feel hurt. Will you go with me after dinner to get it?"

Polly's luncheon menu was as follows:

### A CHRISTMAS SHOWER

Grapefruit with Maraschino Cherries	
Chicken Croquettes	Candied Sweet Potatoes
	Creamed Peas
Light Rolls	Butter
	Cranberry Jelly
Vegetable Salad	Salad Dressing
	Santa Claus Sandwiches
Chocolate Ice Cream a la Tannenbaum	
	Christmas White Cake
Salted Nuts	Coffee
	Candy Canes

"I wish, Bettina," Polly's letter continued, "that you might have seen the cunning sandwiches that we served with the salad. They were cut with a star-shaped cooky cutter, and on each one was perched a tiny Santa Claus. The sandwiches were arranged on a tray decorated with Christmas tree branches.

"And now comes the dessert. The chocolate ice cream was served in small flower pots lined with waxed paper, and in each flower pot grew a miniature Christmas tree. Around the base of the tree, whipped cream was heaped to represent snow. They were really very cunning.

"Served with the ice cream was a large round white cake decorated very elaborately with icing bells and holly. On the top was placed a real candy bell, large and red. This cake was carried in to Angeline to cut. Around the base, inside the cake, were twenty tiny favors wrapped in waxed paper. They were of all sorts: pipes, canoes, flat irons, animals, birds, many things, but all very tiny. Narrow white bows tied on each favor indicated its position in the cake so that the pieces could be cut to give each guest a favor. Angeline cut her piece first and drew her favor by pulling the little white ribbon. It was really great fun drawing and unwrapping the favors, and the girls tried to interpret the meaning of each. Mary Katherine, Angeline's younger sister, drew the ring, and delightedly proclaimed that she would be the next bride. At this the girls looked a little doubtful, for at the table were no less than six engaged girls besides Angeline. Mary Katherine may fool them—who knows?—but I hope not, for she is far too young and silly to 'settle down' for many years.

"With the coffee we served striped candy canes.

"Well, Betty, I believe I've told you everything about our Christmas luncheon. Do write me soon again, for I love to get your letters. Stir Bob up to write occasionally; he has forgotten his sister—now that he has a wife.

"Yours always,

"Polly."

**BETTINA'S RECIPES**

(All measurements are level)

**Chicken Croquettes** (Twenty-five croquettes)

A 3-lb. chicken, cooked	2 t-salt
and cut fine	1 C-chicken fat
1 lb. lean veal, cooked	½ C-flour
and cut fine	1 T-salt
4 T-chopped green pep-	2 C-milk
per	2 eggs
½ t-paprika	3 T-water
3 C-cracker	crumbs

Melt the chicken fat. Add the flour and salt and mix well. Gradually add the milk, stirring constantly. When the mixture gets thick and creamy, allow it to cook, with an asbestos mat under the pan, for five minutes. This cooks the flour thoroughly. Beat one minute to make it creamy. Add the chicken, veal, green pepper, paprika and salt. Allow the mixture to cool. Take one tablespoon of the cooled mixture, and dip in the beaten egg to which the water has been added. Dip in the crumbs and shape any desired shape, preferably conical. Allow the croquettes to stand at least one hour before frying. Fry in deep fat and drain on brown paper. Keep hot in the oven until serving.

**Vegetable Salad** (Twenty portions)

10 tomatoes	½ C-green pepper, cut in strips
2 t-salt	20 pieces of lettuce
1 t-paprika	2 C-salad dressing
1 C-cottage cheese	
1 C-pimientos, cut in strips	½ C-oil from the canned pimento
½ C-whipped cream	

Arrange the lettuce leaves (washed) on salad plates. Place one slice of tomato, two slices of pimento and two slices of green pepper on each. Sprinkle the vegetables with pepper and salt. Add two teaspoons of cottage cheese. Place one teaspoon of salad dressing on each portion.

To prepare the salad dressing, mix boiled dressing and pimento oil together and then add the whipped cream. Mix well, and pile attractively on the salad.

## CHAPTER LVIII

### BOB'S CHRISTMAS GIFT TO BETTINA

**B**OB had walked home from the office through the falling snow—and it was no short distance—with thought for neither snow nor distance. He was distinctly worried,—Christmas only two weeks off, the first Christmas since he and Bettina had been married, and as yet he had no idea what sort of a Christmas gift he ought to purchase for his wife. What did she need? Unfortunately he had heard her say only a few days ago that she didn't need a thing. What did she secretly long for? A glass baking dish! Shucks, what an unromantic present! Surely Bettina had been teasing him when she mentioned such a prosy gift as that! Well, if he didn't have some inspiration by the day before Christmas there would be nothing to do but get her violets, or candy, or perhaps some silly book that she didn't want.

"Hello, Bob!" said a voice almost at his feet.

"Say Mister Bob, Billy," another voice corrected severely.

"Hello, Jacky! Good evening, Marjorie! Coasting good?"

"Oh, pretty good. You don't know what we've got at our house!"

"Four Angora kittens!" interrupted Marjorie eagerly, before Bob had a chance to guess. "Four whole kittens. Can't see a thing, though, but they'll learn after a while! We're going to sell three of 'em, and keep one, and——"

"See here, Marjorie!" exclaimed Bob. "I'd like to buy one myself, for a Christmas present to some one! How about it? You ask your mother to save one for me—I'll stop in tomorrow morning and talk to her about it. Could you take care of it for me till Christmas morning?"

And Bob strode on with a happy grin on his face. Wouldn't Bettina laugh at the idea of an Angora kitten!

For dinner that night Bettina served:

Beef Steak	Baked Potatoes
Cauliflower in Cream	Cranberry Jelly Moulds
Bread	Butter
Burnt Sugar Cake	Confectioner's Icing
	Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Cranberry Jelly (Three portions)

2 C-cranberries    2/3 C-water

3/4 C-sugar

Look over the cranberries, removing any stems and soft berries. Add the water and cook until the skins have burst and all the berries are soft. Press through a strainer, removing all the pulp. Add the sugar to the pulp, and cook until the mixture is thick, stirring occasionally to prevent sticking. When the jelly stands up on a plate it is done. Pour into moulds (preferably of china or glass) which have been wet with cold water.

#### Burnt Sugar Cake (Sixteen pieces)

1/2 C-butter	2 1/2 C-flour
1 1/2 C-sugar	4 t-baking powder
2 eggs	1 C-boiling water
1/4 t-salt	1 t-vanilla

Caramelize two-thirds of a cup of sugar. When the sugar is melted and reaches the light brown or the "caramel" stage, add the water. Cook until the sugar is thoroughly dissolved in the water. Allow it to cool. Cream the butter, add the rest of the uncooked sugar, and then add the egg-yolks. Mix well. Add the salt, flour, baking-powder, vanilla and the cooled liquid. Beat two minutes and add the egg-whites stiffly beaten. Pour into two pans prepared with buttered paper. Bake twenty-five minutes in a moderate oven. Ice with confectioner's icing.

## JANUARY

*Simpler meals and wiser buying,—  
More of planning,—less of hurry,—  
More of smiling,—less of sighing,—  
More of fun, and less of worry,  
In this New Year's Resolution,  
Trouble finds a swift solution.*



Elizabeth Colburn

## CHAPTER LIX

### ALICE COMES TO LUNCHEON



**“I** DO love to cook!” exclaimed Alice enthusiastically.

“And we have had such delicious meals since we began to keep house, if I do say it! But oh, the bills, the bills! Bettina, isn’t it terrible? But you can’t get any meal at all without paying for it, can you? I really do dread having Harry get the first month’s grocery bill, though.”

“You ought not to have to say that, Alice,” said Bettina, laughing nevertheless. “Why don’t you have an allowance, and pay the grocery bill yourself?”

“Because I know I could never manage to pay it,” said Alice, making a little face. “I do love to have perfect little meals and cooking is such fun, but you just can’t have things right without having them expensive; I’ve found that out. Last night we had a simple enough dinner—a very good steak with French fried potatoes and creamed asparagus on toast. Then a fruit salad with mayonnaise and steamed suet pudding and coffee. Harry said everything was perfect, but——”

“I’m sure it was, Alice. You are so clever at everything

you do. But wasn't that expensive for just a home dinner for two? Steak and creamed asparagus! And mayonnaise is so expensive! Then think of the gas you use, too!"

"I didn't think of the gas," said Alice ruefully. "I thought of Harry's likes, and of variety, and of a meal that balanced well. But not much about economy. I'll have to consult you, Bettina. I'll tell you: Couldn't I plan my menus ahead for a week, and bring them over to you to criticise? That would be fun, and I'm sure you could teach me a great deal."

"I'd love to have you, Alice," smiled Bettina.

For luncheon Bettina served:

Chicken Loaf		Creamed Potatoes
Baking Powder Biscuits		Cranberry Jelly
Caramel Custard		Whipped Cream
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Chicken Loaf (Two portions)

$\frac{1}{2}$ C-cooked chicken	$\frac{1}{8}$ t-celery salt
$\frac{1}{2}$ C-ground, cooked veal	1 t-chopped parsley
$\frac{1}{2}$ C-soft bread crumbs	1 egg
$\frac{1}{2}$ t-salt	$\frac{1}{2}$ C-milk

Mix the chicken, veal and bread crumbs. Add the salt, celery salt, parsley, egg and milk. Mix thoroughly. Bake in a well-buttered pan thirty minutes in a moderate oven.

#### Caramel Custard (Two portions)

1 C-milk	4 T-sugar
3 egg	$\frac{1}{8}$ t-salt
	$\frac{1}{4}$ t-vanilla

Melt the sugar to a light brown syrup in a sauce pan over a hot fire, add the milk and cook until free from lumps. Beat



the egg, sugar, salt and vanilla, and pour the liquid slowly into the egg mixture. Pour into buttered moulds. Set the moulds in a pan of hot water and bake in a moderate oven until the custard is firm (about forty minutes). Do not let the water in the pan reach the boiling point during the process of baking.

## CHAPTER LX

### RUTH STAYS TO DINNER

“**S**EE, Ruth, it’s snowing harder—a perfect blizzard. That means that you’ll have to stay to dinner.”

“I’m only too glad to find an excuse, Bettina, but you must remember that I’ll have to get back some time, and I suppose that now is best.”

“Well, Bob will take you after dinner. See, I’ve put on a place for you.”

“That’s fine, Bettina, and I suppose I may as well stay. I’ve been anxious to ask you what you were putting in the oven just as I came in.”

“A dish of tomatoes, cheese and rice baked together; Bob is fond of it. You know I almost always plan to have two or more oven dishes if I am using the oven at all, and tonight I was making baked veal steak.”

“I learned something new yesterday, Bettina, that I have been anxious to tell you. Mother was preparing cabbage for cold slaw (she always chops it, you know), and it suddenly occurred to her that she might easily use the large meat grinder. So she did, and the slaw was delicious. I would have supposed that the juice would be pressed out in the grinding, but it wasn’t.”

“I must remember that. I suppose that other people may have thought of it, but I never have, and I’m glad to know that it works so well.”

“I believe I hear Bob, Bettina. He must be cold, for it is snowing and blowing harder every minute.”

"Well, I'm glad I started the fire in the fireplace. There's nothing like an open fire."

For dinner that night Bettina served:

Baked Veal Steak  
Baked Tomato, Cheese and Rice  
Bread                      Butter  
Tapioca and Date Pudding                      Cream  
Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Baked Veal Steak (Three portions)

1 slice of veal steak (three-fourths of a pound, one-half inch thick)	1 t-salt
3 T-flour	$\frac{1}{4}$ t-paprika
	2 T-bacon fat
	2 T-water

Wipe the veal and cut off any rind. Mix the flour, salt and paprika. Roll the steak thoroughly in this mixture. Place the bacon fat in the frying-pan and when hot add the meat and brown thoroughly on both sides. Place the drippings and the meat in a small baking pan. Add the water, cover, and place in the oven. Cook one hour. More water may be added if necessary.

#### Baked Tomato, Cheese and Rice (Three portions)

1 C-cooked rice	$\frac{1}{4}$ t-paprika
$\frac{1}{3}$ C-tomatoes	1 T-flour
4 T-cheese, cut fine	$\frac{1}{2}$ C-milk
1 T-pimento	1 T-melted butter
1 t-salt	$\frac{1}{4}$ C-cracker or bread crumbs

Mix the rice and flour, and add the tomatoes, cheese, salt and paprika. Add the milk. Pour into a well-buttered baking dish. Melt the butter and add the crumbs. Spread the buttered crumbs on the rice mixture. Bake in a moderate oven for twenty-five minutes.

#### Tapioca and Date Pudding (Three portions)

4 T-tapioca	8 dates, cut fine
$\frac{1}{4}$ t-salt	1 T-lemon juice
2 T-cold water	1 egg-yolk
1 C-boiling water	1 egg-white
2 T-sugar	1 t-vanilla

Soak the tapioca in cold water for ten minutes. Add the salt and boiling water and cook in a double boiler until transparent. (About twenty minutes.) Add the sugar and the dates cut fine, the lemon juice, egg-yolk and vanilla. Remove from the fire and add the stiffly beaten egg-white. Pile the mixture lightly in glass dishes and serve cold.

## CHAPTER LXI

### HOW BETTINA MADE CANDY

“**I**RAN over this morning,” said Alice to Bettina, “to get your candy recipes. That was such delicious Christmas candy that you gave Harry! Wasn’t it a great deal of work to make so much at a time? Perhaps I can’t manage it, but I’d like to make a box of it for Harry’s brother; it will be his birthday in a few days.”

“It is very easy to make candy for Christmas boxes,” said Bettina. “That is, it is no harder to make a large quantity than to fill one box. Bob helped me one evening, and we made four kinds at once. I had already stuffed some dates and made some candied orange peel, so you see when the candy was made, it was fun to fill the boxes with a variety of things. I always save boxes throughout the year for Christmas candy, and then I fill them all at once. Of course, until this year I didn’t have Bob to help me; he enjoys it, you know, and two people can make it so much more quickly than one.”

“Next year,” said Alice, “I think I shall make Christmas candy—a quantity of it, so that I can put a box of it in every family box that I send. Meanwhile, I’ll practise and experiment, and perhaps I can improve on the good old recipes, or think of clever ways of arranging and wrapping. Now will you let me write down some of your best recipes? I’ll try them for Harry’s brother.”

The candies that Bettina made were:

Chocolate Fudge	White Fudge
Peanut Brittle	Peanut Fondant

**BETTINA'S RECIPES**

(All measurements are level)

**Chocolate Fudge (One pound)**

2 C-sugar	2 squares or two ounces
1 C-sugar, "C"	of chocolate
$\frac{1}{4}$ t-cream of tartar	1 C-milk
1 T-butter	1 t-vanilla

Mix the ingredients in order named, and cook until a soft ball is formed when a little of the candy is dropped in a glass of cold water. Remove from the fire and allow to cool. Do not stir while cooling. When cool, beat until creamy, add vanilla and pour into a well-buttered pan. Make white fudge and pour on top. When cool cut into squares.

**White Fudge (one pound)**

3 C-sugar	$\frac{1}{3}$ t-cream of tartar
$\frac{1}{2}$ C-milk	1 T-butter
	1 t-vanilla

Mix and cook the same as chocolate fudge.

**Bettina's Peanut Fondant (One and one-half pound)**

2 C-"C" sugar	1 T-butter
$\frac{1}{2}$ C-milk	$\frac{2}{3}$ C-roasted, shelled peanuts
$\frac{1}{4}$ t-cream of tartar	$\frac{1}{4}$ t-vanilla

Cook the "C" sugar, milk, cream of tartar and butter until a soft ball is formed in cold water. Remove from the fire and allow it to cool. Beat until thick and creamy and add the nuts and vanilla. Shape into a loaf two inches thick and two inches wide. When cool and hard enough to cut, slice into one-fourth inch slices. Wrap in waxed paper and pack in boxes.

## CHAPTER LXII

### RUTH'S PLANS

“**A**ND so, Bettina,” said Ruth, sitting down on the high stool in Bettina’s neat little kitchen, “Fred says we will begin the house early in the spring—as early as possible—and be married in May or June.”

“What perfectly splendid news!” said Bettina. “I’m just as glad as I can be!”

“We’ve waited so long,” said Ruth, wistfully. “Of course, if it hadn’t been for the war—it did interfere so with business, you know—we would have been married last spring.”

“I know,” said Bettina, sympathetically, “but you’ll be all the happier because you have waited.”

“I’ll want you to help me a great deal with my plans,” said Ruth. “I’ve had time to do lots of sewing, of course, but I haven’t thought anything about the wedding except that it will be a quiet one. And I want to ask you so much about house furnishings—curtains, and all that.”

“I’d love to help!” cried Bettina with enthusiasm. “There isn’t anything that is such fun. Oh, Ruth!”

“Gracious me! What?” cried Ruth, for Bettina had jumped up suddenly.

“Poor Ruth,” laughed Bettina, “I didn’t mean to frighten you. I forgot my cake, that was all, and I was afraid it had burned. But it hasn’t. A minute longer though—you know a chocolate cake does burn so easily. But it’s all right. However, you must admit that I did pretty well not to burn it while I was listening to wedding plans!”

That night Bettina served for dinner:

Swiss Steak	Mashed Sweet Potatoes
Bread	Creamed Cauliflower
Chocolate Nougat	Butter
Cake	
Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Swiss Steak (Three portions)

1 lb. of round steak two-thirds of an inch thick	$\frac{1}{8}$ t-pepper
5 T-flour	$\frac{1}{2}$ C-water
1 bay leaf	1 T-onion
$\frac{1}{4}$ t-salt	2 cloves
	1 T-bacon fat

Wipe the steak with a damp cloth, trim the edges to remove any gristle, and pound the flour into the meat, using a side of a heavy plate for the pounding. This breaks up the tendons of the meat. Place the bacon fat in a frying-pan and when hot, add the meat. Brown thoroughly on each side. Lower the flame. Add the bay leaf, salt, pepper, onion and water. Cover with a lid and allow to cook slowly for one and a half hours. More water may be needed if the gravy boils down. Pour the gravy over the meat when serving. This recipe is good for the fireless.

#### Mashed Sweet Potatoes (Two portions)

3 good-sized sweet potatoes	$\frac{1}{2}$ t-salt
2 C-water	1 T-butter
	2 T-milk
	$\frac{1}{4}$ t-paprika

Wash the potatoes and remove any bad places. Add the water, and cook gently until tender. Drain, and peel while still hot, by holding the potatoes on the end of a fork. Mash with a spoon or a potato masher, adding the salt, butter, milk and paprika. Beat one minute. Pile lightly in a buttered baking dish, and place in a moderate oven about twenty minutes until a light brown.



**Chocolate Nougat Cake**

4	T-butter	1	egg
2/3	C-sugar	1/2	C-milk
2	squares of chocolate	1 1/3	C-flour
2	T-sugar	2	t-baking powder
2	T-water	1/2	t-soda
	1/2	t-vanilla	

Cook the two tablespoons of sugar, water and chocolate together for one minute, stirring constantly. Cream the butter, add the sugar, the whole egg and the flour, baking powder and soda sifted together. Add the vanilla. Beat two minutes. Pour into two square layer-cake pans prepared with waxed paper. Bake twenty-two minutes in a moderate oven. Chocolate cakes burn easily and they should be carefully watched while baking.

Ice with White Mountain Cream Icing.

## FEBRUARY.

*Cold and snowy February  
Does seem slow and trying, very.  
Still, a month made gay by Cupid  
Never could be wholly stupid.*



## CHAPTER LXIII

### A STEAMED PUDDING



“THIS was a splendid dinner, Bettina,” said Ruth, as the two of them were carrying the dishes into the kitchen and Fred and Bob were deep in conversation in the living-room. “Such a delicious dessert! Suet pudding, wasn’t it? I couldn’t guess all that was in it.”

“Just a steamed fig pudding, Ruth. The simplest thing in the

world!”

“Simple? But don’t you have to use a steamer to make it in, and isn’t that awfully complicated? I’ve always imagined so.”

“You don’t need to use a steamer at all. I steamed this in my fireless cooker, in a large baking powder can. I filled the buttered can about two-thirds full, and set it in boiling water that came less than half way up the side of the can. Of course, the cover of the can or the mould must be screwed on tight. And the utensil in which it is steamed must be covered. I used one of the utensils that fit in the fireless, of course, and I brought the water to a boil on the stove so that I was sure it was boiling vigorously when I set it in the cooker on the sizzling hot stone. You see it is very simple. In fact, I think steaming anything is very easy, for you don’t have to keep watching it as you would if it were baking in the oven, and basting it, or changing the heat.”

"We haven't a cooker, you know. Could I make a steamed pudding that same way on the stove?"

"Yes, indeed the very same way. Just set the buttered can filled two-thirds full in a larger covered utensil holding boiling water. Keep the water boiling all the time."

"I shall certainly try it tomorrow, Bettina!"

For dinner that night Bettina served:

Breaded Veal		Creamed Potatoes
	Browned Sauce	
Spinach	with Hard Cooked Eggs	
Bread		Butter
	Spiced Peaches	
Fig Pudding		Foamy Sauce
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Breaded Veal (Four portions)

- 1 lb. veal round steak, cut one-half an inch thick
- 1 T-egg (either the white or the yolk)
- 1 T-water
- 2/3 C-cracker crumbs, or dry bread crumbs
- 2 T-lard
- 1/4 t-salt
- 1 T-butter
- 1/8 t-paprika

Wipe the meat with a damp cloth, and cut into four pieces. Mix the egg, water, salt and paprika, and dip each piece of meat into the egg mixture. Roll in the crumbs and pat the crumbs into the meat. Place the lard in the frying-pan, and when hot, add the meat. Brown well on one side, and then turn, allowing the other side to become the same even color. Lower the flame under the meat, and cook thirty minutes, keeping the pan covered. When the meat has cooked twenty-five minutes, add the butter to lend flavor to the lard.

#### Browned Gravy (Four portions)

- 1 T-butter    1/2 t-salt
- 2 T-flour    1/2 C-water
- 1/4 C-milk

Remove the breaded veal from the pan, and place on a hot platter. (Keep in a warm place.) Loosen all the small pieces of crackers and meat (if there are any) from the bottom of the pan. If there is no fat left, add butter. Allow the fat to get hot, and add flour and salt. Mix well with the heated fat, and allow to brown. Stir constantly, and add the water. Mix well, and add one-fourth cup of milk. Allow to cook one minute, stirring constantly. If a thinner sauce is desired, add another one-fourth of a cup of milk. If a thicker sauce is desired, allow to cook for two minutes.

**Bettina's Steamed Fig Pudding (Four portions)**

1 C-flour	½ C-molasses
½ t-soda	½ C-milk
½ t-ginger	½ C-suet, chopped fine
2/3 t-cinnamon	1/3 C-chopped figs
¼ t-nutmeg	1/3 C-stoned raisins
½ t-lemon extract	

Mix the flour, soda, ginger, cinnamon, nutmeg, and suet. Add the figs, raisins, molasses and milk. Stir well. Add the lemon extract. Fill a well-buttered pudding mould two-thirds full. Steam an hour and a half, with the water boiling. Serve hot with foamy sauce.

**Foamy Sauce (Four portions)**

1 egg	½ C-hot water
½ C-sugar	1 T-lemon juice or 1 t-lemon extract

Beat the egg vigorously. Add the sugar and mix well. Add the hot water and stir vigorously. Add the lemon juice. Serve. (This sauce may be reheated if desired.)

## CHAPTER LXIV

### ON VALENTINE'S DAY

“**B**OB, the flowers are lovely!” said Bettina, looking again at the brilliant tulips on the dinner table. “They make this a real valentine dinner, although there is nothing festive about it. I had intended to plan something special, but I went to a valentine luncheon at Mary’s, and stayed so late——”

“A valentine luncheon? With red hearts everywhere, I suppose?”

“Yes, everything heart-shaped, and in red, too, as far as possible. Mary had twelve guests at one large round table. Of course, there were strings and strings of red hearts of various sizes decorating the table—not a very new idea, of course, but so effective. And everything tasted so good; cream of tomato soup, the best stuffed tenderloin with mushroom sauce (I must find out how that is made), and the best sweet potato croquettes!”

“Sweet potato croquettes? That’s a new one on me!”

“I’ll have to try them some time soon. And Mary had peas in heart-shaped baking powder biscuits—the cunningest you ever saw!—heart-shaped date bread sandwiches with her salad, and heart-shaped ice cream with individual heart cakes.”

“That was Valentine’s day with a vengeance; wasn’t it?”

“Yes, but it was lovely, Bob!”

That night Bettina served:

Broiled Steak	Baked Potatoes
Macaroni with Tomatoes and Green Peppers	
Bread	Butter.
Cornstarch Fruit Pudding	
Cherry Sauce	
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Macaroni, Tomatoes and Green Peppers (Three portions)**

1/3 C-macaroni	1/4 t-celery salt
3 C-water	1/8 t-onion salt
1 t-salt	3 T-cheese, cut fine
1 C-canned tomatoes	2/3 C-meat stock or milk
3 T-chopped green pepper	1/4 C-crumbs
1/4 t-salt	1 T-butter

Boil the water, add the salt. Add the macaroni cut in small pieces. Boil until tender (about fifteen minutes) and drain. Butter a baking dish. Add a layer of macaroni, a layer of tomatoes and some green pepper. Sprinkle with salt, celery and onion salt. Add the cheese, and continue with the layers until the dish is full. If available, use meat stock, if not, milk. Pour the liquid over the mixture. Melt the butter, add the crumbs and place on the top of the food. Place the dish in a moderate oven, and allow to bake twenty-five minutes, or until brown.

**Corn Starch Fruit Pudding (Three portions)**

1/2 C-water	1/8 t-salt
1/2 C-cherry juice	3 T-sugar
3 T-corn starch	1 egg-yolk
	1 egg-white

Mix thoroughly the corn starch, sugar and salt. Gradually add the cold water and then the juice. Cook over hot water until the mixture becomes quite thick. Add the egg-yolk. Mix well, cool slightly and add the egg-white stiffly beaten. Pour into a well-moistened custard mould. Allow to stand for half an hour or more. Serve with cherry sauce.

**Cherry Sauce (Three portions)**

1/2 C-cherry juice	1/2 t-lemon extract
1/2 C-water	1/8 t-salt
1 T-flour	2 T-sugar
	1/4 C-cherries, cut fine

Mix the flour, salt and sugar. Add slowly the cherry juice and water. Cook two minutes. Add the cherries and extract. Serve hot over the cold pudding.

## CHAPTER LXV

### WASHINGTON'S BIRTHDAY PLANS

“GOOD bran bread,” said Bob, reaching for another piece. “I like that recipe,” said Bettina, “and it is so easy to make.”

“What have you been doing all day?” Bob asked, “Cooking?”

“No, indeed. Charlotte was here this afternoon and we made plans for the tea we are going to give at her house on Washington’s birthday. Oh, Bob, we have some of the best ideas for it! Our refreshments are to be served from the dining-room table, you know, and our central decoration is to be a three-cornered black hat filled with artificial red cherries. Of course we’ll have cherry ice, and serve cherries in the tea, Russian style. The salad will be served in little black three-cornered hats; these filled with fruit salad, will be set on the table and each guest will help herself. The thin bread and butter sandwiches will be cut in hatchet shape. And—oh, yes, I forgot the cunningest idea of all! We’ll serve tiny gilt hatchets stuck in tree-trunks of fondant rolled in cocoanut and toasted brown. Isn’t that a clever plan? Charlotte saw it done once, and says it is very effective.”

“It sounds like some party! And I’ll feel especially enthusiastic if you don’t forget to plan for one guest who won’t appear—or perhaps I should say two, for I know Frank won’t want to be forgotten.”

For dinner that night Bob and Bettina had:

Corned Beef au Gratin

Baked Tomatoes

Apple Sauce

Gluten Bread

Butter

Cream Pie

Coffee



**BETTINA'S RECIPES**

(All measurements are level)

**Corned Beef au Gratin (Three portions)**

1½ C-milk	2 T-butter
½ slice of onion	1 egg
1 piece of celery	1 t-salt
2 T-flour	¼ t-paprika
1 C-chopped corned beef	

Place the milk, onion and celery over the fire. Allow to get very hot. Remove from the fire and let stand for ten minutes. Remove the celery and onion from the milk. Melt the butter, add the flour. Mix well and slowly add the milk. Cook until the consistency of white sauce. Add the egg, well beaten, the salt, paprika, and beef. Pour into well-buttered individual dishes.

Place in a moderate oven and bake twenty-five minutes. Remove from the oven and allow to stand two minutes. Remove from the moulds and garnish with parsley.

**Baked Tomatoes and Cheese (Three portions)**

1 C-canned tomatoes	¼ C-fresh bread crumbs
½ t-salt	3 T-cheese, cut fine
¼ t-paprika	¼ C-cooked celery
1 T-butter	

Mix the tomatoes, salt, paprika, cheese and celery. Add half the bread crumbs. Pour into a well-buttered baking dish. Melt the butter, add the remaining crumbs and place on top of the mixture. Bake twenty minutes in a moderate oven.

**Gluten Bread (Ten slices)**

1 C-gluten flour	2 T-sugar
1½ t-baking powder	1/3 C-milk
¼ t-salt	1/3 C-water
¼ C-bran	1 t-melted butter

Mix the flour, baking powder, salt, bran and sugar. Add the milk and water. Beat vigorously for one minute and then add the butter. Pour into a well-buttered bread pan and bake forty minutes in a moderate oven.

## CHAPTER LXVI

### AN AFTERNOON WITH BETTINA

**W**HEN Bettina pushed her tea cart into the living-room, Alice and Ruth laid aside the mending at which they had been busy.

"What delicious toast, Bettina!" said Alice, taking one bite. "Why, it has cinnamon on it! And sugar! I wondered what on earth you were making that smelled so good, and this is something new to me!"

"It is cinnamon toast," said Bettina, "and so easy to make. I was busy all morning, and didn't have time to make anything but these date kisses for tea, but cinnamon toast can be made so quickly that I decided to serve it."

"I like orange marmalade, too, Bettina," said Alice. "I wish I had made some. I have spiced peaches, and a little jelly, but that is all. Next summer I intend to have a perfect orgy of canning. Then my cupboard will be even better stocked than Bettina's—perhaps! I opened a jar of spiced peaches last evening for dinner, and what do you think! Harry ate every peach in the jar! I had expected them to last several days, too."

"I hoped you saved the juice," said Bettina.

"I did, but I don't know why. It seemed too good to throw away, somehow."

"Have you ever eaten ham cooked in the juice of pickled peaches? It's delicious. Just cover the slice of ham with the juice and cook it in the oven until it is very tender. Then remove it from the juice and serve it."

"It sounds fine. I'll do it tomorrow."

That afternoon Bettina served:

Cinnamon Toast

Orange Marmalade  
Date Kisses

Tea

### BETTINA'S RECIPES

(All measurements are level)

#### Cinnamon Toast (Six portions)

6 slices of stale bread     $\frac{1}{3}$  C-powdered sugar  
 $\frac{1}{2}$  T-butter                       $\frac{1}{2}$  t-cinnamon

Make a delicate brown toast and butter each slice. Mix the sugar and cinnamon, and place in a shaker. Shake the desired quantities of sugar and cinnamon over the hot buttered toast. Keep in a warm place until ready to serve.

#### Bettina's Date Kisses (One dozen)

1 egg-white                       $\frac{1}{4}$  t-baking powder  
 $\frac{1}{8}$  t-salt                               $\frac{1}{4}$  C-chopped dates  
 $\frac{1}{2}$  C-powdered sugar     $\frac{1}{4}$  C-chopped nut meats  
 $\frac{1}{2}$  t-lemon extract

Add the salt to the white of an egg, and beat the egg-white very stiff. Then add the sugar, baking powder, nuts, dates and lemon extract. Drop from a teaspoon onto a buttered pan. Bake in a slow oven until delicately browned. (About twenty-five minutes.)

#### Orange Marmalade (One pint)

3 oranges     $\frac{1}{2}$  grapefruit  
2 lemons              Sugar

Wash thoroughly the rinds of the fruits. Weigh the fruit, and slice it evenly. To each pound of fruit, add one quart of cold water. Let the mixture stand for twenty-four hours. Cook slowly for one hour. Drain. Weigh the cooked fruit, and add an equal weight of sugar. Cook with the sugar for thirty minutes, or until it stiffens slightly when tried on a dish. Pour into sterilized jelly glasses. When cool seal with hot paraffin.

## CHAPTER LXVII

### A WASHINGTON'S BIRTHDAY TEA

WHEN the tea guests were ushered into Charlotte's dining-room that afternoon, they were delighted with the table and its red, white and blue decorations. In the center was a large three-cornered hat made of black paper, and heaped with artificial red cherries. The cherry ice was tinted red, and served in sherbet glasses. A large white cake, uncut, was one of the chief decorations, for halves of red cherries were placed together on it to represent a bunch of cherries, while tiny lines of chocolate icing represented the stems.

Bettina poured the tea and placed in each cup a red cherry. The guests helped themselves to trays, napkins, forks and spoons, and each took a portion of Washington salad, served in a small, black, three-cornered hat, lined with waxed paper. Each took also a rolled sandwich, tied with red, white and blue ribbon, and a nut bread sandwich in the shape of a hatchet.

The Washington fondant, rolled in cocoanut and toasted to represent tree trunks, with small gilt hatchets stuck in them, occasioned great delight. "How did you ever think of it?" Ruth asked, and Bettina gave Charlotte the credit, though she in turn disclaimed any originality in the matter.

"One thing is lacking," said Bettina. "Charlotte and I should be wearing colonial costumes. We did think of it, but happened to be too busy to make them."

That afternoon Charlotte and Bettina served:

George Washington Salad  
Rolled Sandwiches      Nut Bread Sandwiches  
Cherry Ice  
Cherry Cake      Washington Fondant

**BETTINA'S RECIPES**

(All measurements are level)

**Washington Salad (Twelve portions)**

1 C-diced pineapple	¼ C-Brazil nuts, cut fine
1 C-marshmallows, cut fine	1½ C-salad dressing
1 C-grapefruit, cut in cubes	½ C-whipped cream
1 C-canned seeded white cherries	6 red cherries
¼ C-filberts	12 tiny silk flags

Mix the pineapple, marshmallows, grapefruit, white cherries and nuts. Add the salad dressing. Serve immediately. Place waxed paper in the paper cups of the small, black, three-cornered hats. Place one serving of salad in each cup. Put one teaspoon of whipped cream on top and half a cherry on that. Stick a tiny silk American flag into each portion.

**Nut Bread for Sandwiches (Twenty-four sandwiches)**

2 C-graham flour	2/3 C-sugar
1 C-white flour	1½ t-salt
3 t-baking powder	½ C-nut meats, cut fine
1 egg	1½ C-milk

Mix the flours, baking powder, salt, nut meats and sugar. Break the egg in the milk and add to the dry ingredients. Mix thoroughly, pour into a well-buttered bread pan and allow to rise for twenty minutes. Bake in a moderate oven for fifty minutes.

**Nut Bread Sandwiches**

24 pieces bread    2/3 C-butter

When the nut bread is one day old, cut in very thin slices. Cream the butter and spread one piece of bread carefully with butter. Place another piece on the top. Press firmly. Make all the sandwiches in this way. Allow to stand in a cool, damp place for one hour. Make a paper hatchet pattern. Lay the pattern on top of each sandwich and with a sharp knife, trace

around the pattern. Cut through carefully and the sandwiches will resemble hatchets. This is not difficult to do and is very effective.

#### **Washington's Birthday Sandwiches**

1 loaf of white bread one day old  
8 T-butter  
2 yards each of red, white and blue ribbon

Cut the bread very thin with a sharp knife. Remove all crusts. Place a damp cloth around the prepared slices when very moist, and tender. Spread with butter which has been creamed with a fork until soft. Roll the sandwiches up carefully like a roll of paper. Cut the ribbon into six-inch strips, and tie around the sandwiches. Place in a bread box to keep moist. Pile on a plate in log cabin fashion.

## CHAPTER LXVIII

### ANOTHER OVEN DINNER

**B**ETTINA heard a step on the porch, and quickly laying aside her kitchen apron, rushed to the door to meet Bob. Her rather hilarious greeting was checked just in time, at sight of a tall figure behind him.

"Bettina, this is Mr. MacGregor, of MacGregor & Hopkins, you know. Mr. MacGregor, my wife, Bettina. I've been trying to get you all afternoon to tell you I was bringing a guest to dinner and to spend the night. The storm seems to have affected the lines."

"Oh, it has! I've been alone all day! Haven't talked to a soul! Welcome, Mr. MacGregor, I planned Bob's particular kind of a dinner tonight, and it may not suit you at all, but I'm glad to see you, anyhow."

Mr. MacGregor murmured something dignified but indistinct, as Bob cried out heartily, "Well, it smells good, anyhow, so I guess you can take a chance; eh, MacGregor?"

Bettina had a hazy idea that Mr. MacGregor, of MacGregor & Hopkins, was somebody very important with whom Bob's firm did business, and although she knew also that Bob had know "Mac," as he called him, years before in a way that was slightly more personal, her manner was rather restrained as she ushered them into the dining-room a few minutes later. However, the little meal was so appetizing, and the guest seemed so frankly appreciative, that conversation soon flowed freely. Bob's frank comments were sometimes embarrassing, for instance when he said such things as this:

"Matrimony has taught me a lot, MacGregor! I've learned—well, now, you'd never think that all this dinner was cooked in the oven, would you? Well, it was: baked ham, baked potatoes, baked apples, and the cakes—Bettina's cakes, I call 'em. You see, my wife thinks of things like that—a good dinner and saving gas, too!"

"Oh, Bob!" said Bettina, with a scarlet face.

"You needn't be embarrassed, Bettina, it's so! I was just telling 'Mac' as we came in, that two can live more cheaply than one provided the other one is like you—always coaxing me to add to our bank account. It's growing, too, and I never could save before I was married!"

The dinner consisted of:

Baked Ham		Baked Potatoes
Head Lettuce	Roquefort Cheese Dressing	
Bread	Butter	
	Baked Apples	
	Bettina's Cakes	

### BETTINA'S RECIPES

(All measurements are level)

**Bettina's Baked Ham** (Three portions)  
(Bob calls it "great")

1 lb. slice of ham three-fourths of an inch thick	
14 cloves	$\frac{1}{2}$ C-water
$\frac{1}{2}$ C-vinegar	2 T-sugar
	2 t-mustard

Remove the rind from ham. Stick the cloves into both sides. Place in a pan just the size of the meat. Pour the vinegar, water, sugar and mustard (well mixed) over the ham. Baste frequently. Bake in moderate oven until crisp and tender (about forty-five minutes).

**Head Lettuce with Roquefort Cheese Dressing** (Three portions)

1 head of lettuce	$\frac{1}{8}$ t-pepper
$\frac{1}{2}$ t-salt	$\frac{1}{4}$ C-Roquefort cheese
3 T-oil	1 T-vinegar

Cream the cheese, add salt, pepper and vinegar. Add the oil gradually. Mix well, shake thoroughly. Pour over the lettuce and serve.



**Baked Apples** (Four portions)

4 apples	1 t-cinnamon
6 T-brown sugar	4 marshmallows
4 T-granulated sugar	1 t-butter

Wash and core apples of uniform size. Mix the sugar and cinnamon together. Fill the apples. Press a marshmallow in each apple also. Dot the top with a piece of butter. Place the apples in a pan, add the remaining sugar, cover the bottom with water, and bake until tender (twenty-five to thirty minutes), basting often. Serve hot or cold.

**Bettina's Cakes** (Eight cakes)

1 C-flour	$\frac{1}{2}$ t-soda
$\frac{1}{2}$ t-cinnamon	$\frac{1}{4}$ t-baking powder
$\frac{1}{4}$ t-powdered cloves	$\frac{1}{8}$ t-salt
$\frac{1}{3}$ C-sugar	1 egg
2 T-melted butter	$\frac{1}{3}$ C-sour milk

Mix and sift the dry ingredients. Add the egg and the sour milk. Beat two minutes. Add the melted butter; beat one minute. Fill well-buttered muffin pans one-half full. Bake in a moderate oven twenty minutes.

## CHAPTER LXIX

### BOB MAKES POP-OVERS

**B**ETTINA was busily setting the table in the dining-room when Bob appeared.

"Oh, Bettina," said he in a disappointed tone, "why not eat in the breakfast alcove? I'd like to show MacGregor how much fun we have every morning."

"Won't he think we're being too informal?"

"I want him to think us informal. The trouble with him is that he doesn't know that any simple brand of happiness exists. His life is too complex. Of course we're not exactly primitive—with our electric percolator and toaster——"

"Sorry, Bob, but you can't use the toaster this morning; I'm about to stir up some pop-overs."

"Well, I'll forgive you for taking away my toy, inasmuch as I do like pop-overs. Let me help you with them, Bettina; this is one place where you can use my strong right arm."

"Yes, indeed I can, Bob. I'll never forget those splendid pop-overs that you made the first time you ever tried. They look simple, but not very many people can make good ones. The secret of it is all in the beating," said she, as she stirred up the smooth paste, "and then in having the gem pans and the oven very hot."

"Well, these'll be good ones then," said Bob, as he set about his task. "You light the oven, Betty, and put the gem pans in it, and then before you have changed things from the dining-room to the alcove, I'll have these pop-overs popping away just as they ought to do!"

The percolator was bubbling and the pop-overs were nearly done when they heard Mr. MacGregor's step. "He's exactly

on time," chuckled Bob. "That's the kind of a methodical fellow he is in everything."

"Well, there's no time when promptness is more appreciated than at meal-time," said Betty, decidedly. "I like him."

"Come on out here!" called Bob, cheerfully. "This is the place in which we begin the day! We'll show you the kind of a breakfast that'll put some romance into your staid old head. I made the pop-overs myself, and I know they're the best you ever saw—likewise the biggest—and they'll soon be the best you've ever eaten!"

When Bob had finished removing the pop-overs from their pans, the two men took their places at the table to the merry tune of the sizzling bacon Bettina was broiling.

"I never entertained a stranger so informally before," said she.

"And I was never such a comfortable guest as I am at this minute," said Mr. MacGregor, looking down at his breakfast, which consisted of:

	Grapefruit	
	Oatmeal	
Bacon		Pop-Overs
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Pop-Overs (Eight)

1 C-flour	½ t-salt
1 C-milk	1 egg, beaten well

Add the milk slowly to the flour and salt, stirring constantly, until a smooth paste is formed. Beat and add the remainder of the milk, and the egg. Beat vigorously for three minutes. Fill very hot gem pans three-fourths full. Bake thirty minutes in a hot oven. They are done when they have "popped" at least twice their size, and when they slip easily out of the pan. Iron pans are the best.

## MARCH.

*Weary are we of our winter-time fare;*

*Hasten, O Springtime, elusive and arch!*

*Bring us your dainties; our cupboards are bare!*

*Pity us, starved by tyrannical March!*



## CHAPTER LXX

### IN MARCH



**"S**PRING is in the air," thought Bettina, as she opened the casement windows of her sun room. "I believe we'll have dinner out here tonight. If Bob would only come home early, before the sun goes down! Now I wonder who that can be!" (For she heard a knock at the kitchen door.)

"Why, Charlotte. Come in!" she cried a moment later, for it was Mrs. Dixon with a napkin-covered pan in hand, whom she found at the door.

"I've brought you some light rolls for your dinner, Bettina," said Charlotte. "I don't make them often, and when I do, I make more than we can eat. Will they fit into your dinner menu?"

"Indeed they will!" said Bettina. "I'm delighted to get them. Now I wish I had something to send back with you for your dinner, but I seem to have cooked too little of everything!"

"Don't you worry," said Charlotte, heartily. "When I think of all the things you've done for me, I'm only too glad to offer you anything I have! Well, I must hurry home to get our dinner. That reminds me, Bettina, to ask you this: When you escallop anything, do you dot the crumbs on top with butter?"

"No, Charlotte, I melt the butter, add the crumbs, stir them

well, and then spread them on the top of the scalloped oysters, or fish, or whatever I am scalloping."

"I'm glad to know the right way of doing, Bettina. Good-bye, dear."

For dinner Bob and Bettina had:

Ham Timbales	Baked Apples	Macaroni and Cheese
Light Rolls	Grapefruit Salad	Butter
Chocolate Custard		Coffee

### BETTINA'S RECIPES

(All measurements are level)

#### Ham Timbales (Three timbales)

1 C-ground, cooked ham	1/4 t-paprika
1/3 C-soft bread crumbs	1 egg
1/4 t-salt	1/2 C-milk

Mix the ham, salt, crumbs and paprika. Add the egg, well beaten, and the milk. Pour into a well-buttered tin or aluminum individual moulds. Place in a pan of hot water and bake in a moderate oven for thirty minutes. Unmould on a platter. Serve hot or cold.

#### Grapefruit Salad (Two portions)

1 C-grapefruit, cut in cubes	2 T-cottage cheese
1/4 C-marshmallows, cut in squares	1/4 t-paprika
1/4 C-diced celery	3 T-salad dressing
1/4 t-salt	2 lettuce leaves

Place the lettuce leaves on the serving plates. Arrange carefully portions of grapefruit, marshmallows, celery and cheese upon the lettuce. Sprinkle with salt and paprika. Pour the salad dressing over each portion and serve cold.

#### Chocolate Custard (Two portions)

1 C-milk	1/3 square of chocolate, melted
1 large egg	1 T-water
4 T-sugar	1/2 t-vanilla
	1/8 t-salt

Cook half the sugar, the chocolate and the water until smooth

and creamy (two minutes). Add the milk while the mixture is hot. Stir until smooth. Beat the egg, add the rest of the sugar and the salt. Add to the custard mixture. Mix well. Pour into two well-buttered custard moulds. Place the moulds in a pan surrounded by hot water. Set in a moderate oven and cook until a knife piercing it will come out clean. (Generally thirty minutes.) Allow to stand fifteen minutes in a warm place. Unmould and serve cold.

## CHAPTER LXXI

### A FIRELESS COOKER FOR AUNT LUCY

“WELL, Uncle John! Hello!” said Bob, as he came into the kitchen. “Is Aunt Lucy here, too?”

“No, she isn’t,” said Uncle John, shaking his head solemnly, “and the fact is, I shouldn’t be here myself if it weren’t for a sort of conspiracy; eh, Bettina?”

“That’s so, Bob,” said Bettina, coming in from the dining-room, her hands full of dishes, “and now I suppose we’ll have to let you in on the secret. Uncle John has just bought a beautiful new fireless cooker for Aunt Lucy. Haven’t you, Uncle John?”

“Well!” said Bob, heartily. “That’s fine! How did you happen to think of it?”

“Well Bob, she’s been dreading the summer on the farm—not feeling so very strong lately, you know—and this morning she was just about discouraged. It’s next to impossible to get any help out there—she says she’s given up that idea—and at breakfast she told me that if the spring turned out to be a hot, uncomfortable one, she believed she’d go out and spend the summer with Lem’s girl in Colorado. I naturally hate to have her do that, so I concluded to do everything I could to keep her at home. I telephoned to Bettina, and she promised to help me. The very first thing she suggested was a fireless cooker, and we bought that today. I believe your Aunt Lucy’ll like it, too.”

For dinner Bettina served:

Meat Balls with Egg Sauce

Baked Potatoes

Creamed Peas

Marshmallow Pudding

Chocolate Sauce



**BETTINA'S RECIPES**

(All measurements are level)

**Meat Balls (Three portions)**

1 C-raw beef, cut fine	1/8 t-paprika
1/4 C-bread crumbs	1 t-chopped parsley
2 T-milk	1/4 t-onion salt
1 egg-yolk	1/4 t-celery salt
1/4 t-salt	3 T-bacon fat

Soak the crumbs, milk and egg together for five minutes. Add the beef, salt, paprika, parsley, onion and celery salt. Shape into flat cakes one inch thick, two and a half inches in diameter. Place the fat in the frying-pan and when hot, add the cakes. Lower the flame and cook seven minutes over a moderate fire, turning to brown evenly. Serve on a hot platter. Garnish with parsley. Serve with egg sauce.

**Egg Sauce for Meat Balls (Three portions)**

3 T-flour	1/4 t-salt
2 T-butter	1/4 t-paprika
1 t-chopped parsley	1 hard-cooked egg, cut fine
1 C-milk	

Melt the butter, add the flour, salt and paprika. Mix well, add the milk, and cook for two minutes. Add the hard-cooked egg sliced, or cut in small pieces. Serve hot with the meat balls.

**Marshmallow Pudding (Three portions)**

2 t-granulated gelatin	1/2 C-boiling water
2 T-cold water	1 t-lemon extract
1/3 C-sugar	1 t-vanilla
	1 egg-white

Soak the gelatin in cold water for three minutes. Add the boiling water, and when thoroughly dissolved add the sugar. Allow to cool. Beat the egg-white stiff. When the gelatin begins to congeal, beat it until fluffy, add the extracts and then the egg-white. Beat until stiff. Pour into a moistened cake pan. When hard and cold, remove from the pan, cut in one inch cubes and pile in a glass dish.

## CHAPTER LXXII

### A SUNDAY NIGHT TEA

“**S**TIR this chicken a la king a moment for me, will you, Ruth?” said Bettina. “I’ll warm the plates in the oven.”  
“What is that brown paper for?”

“To put under the dishes I’m warming. It breaks the heat and prevents cracking. There, that cream sauce has cooked enough now. I’ll take it and beat it for a minute. See? There, now it’s ready for the egg and the chicken mixture.”

“Shall I stir it now? Don’t you put it back over the fire?”

“Just for a minute. You see, if any custard or egg sauce is allowed to cook more than a minute after the egg has been added, it will curdle.”

“Oh, is it done now? Let me toast the bread for it, will you, Bettina? I like to make cunning little light brown triangles.”

“I hope I have made enough of this chicken a la king.”

“For eight people? I’m sure that you have, Bettina. Even for people with as good appetites as Fred and I have! Are you ready to serve it now?”

That Sunday evening Bettina served:

Chicken a la King	Toast
Cakes with Bettina Icing	
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Chicken a la King (Eight portions)**

- |   |                   |
|---|-------------------|
| 1½ C-cold boiled chicken, cut in 2/3-inch cubes |                   |
| ½ t-salt  |                   |
| 1/3 C-button mushrooms, cut in fourths          |                   |
| 4 T-pimento, cut in half-inch lengths           |                   |
| 2 T-green pepper, cut fine                      |                   |
| 5 T-butter or chicken fat                       |                   |
| 6 T-flour                                       | 2 C-milk          |
| 1½ t-salt                                       | 2 egg-yolks       |
| ½ t-paprika                                     | 8 pieces of toast |

Boil the green pepper slowly for five minutes. Drain off the water. Melt the butter, add the flour, salt and paprika, mix thoroughly, and add the milk, stirring constantly. Cook three minutes or until quite thick. Remove from the fire, beat one minute, reheat, add the egg-yolk, mix thoroughly, and add the chicken mixture. Heat again. Serve immediately by pouring over slices of toast.

To prepare the chicken mixture, thoroughly mix the chicken, half a teaspoon of salt, the mushrooms, the cooked green pepper and the pimento.

**Small Cakes (Fourteen cakes)**

- |                   |                   |
|-------------------|-------------------|
| 1¼ C-sugar        | ⅛ t-salt          |
| 1/3 C-butter      | 2/3 C-milk        |
| 2 C-flour         | 1 t-vanilla       |
| 4 t-baking powder | ½ t-lemon extract |
|                   | 2 egg-whites      |

Cream the butter, add the sugar slowly and continue creaming. Mix and sift the flour, baking powder and salt and add these and the milk, vanilla and lemon extracts to the butter and sugar. Mix well and beat two minutes. Beat the egg-whites till very stiff and fold these very carefully into the cake mixture. When thoroughly mixed, fill the cake pans (which have been prepared with waxed paper) two-thirds of an inch deep with the mixture.

Bake twenty-five minutes in a moderate oven, allow to stand five minutes, then slip a knife around the edges and re-

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move the cake carefully from the pan. Turn over, remove the paper and allow the cake to cool. Ice on the bottom side. When ready for serving, cut in two-inch squares.

### **Bettina Icing**

1 egg-white	1 t-vanilla
1 T-cream	½ t-lemon extract
2 C-powdered sugar	

Beat the egg-white, add part of the sugar. Add the cream, vanilla and lemon extracts. Keep beating. Add the rest of the sugar gradually. (A little more sugar may be needed.) Beat the icing till very fluffy and until it will spread without running off the cake. Spread each layer.

## CHAPTER LXXIII

### A SHAMROCK LUNCHEON

**B**ETTINA was entertaining "the crowd" at a shamrock luncheon, and each guest, to show her enthusiasm for the charms of "ould Ireland," was wearing somewhere upon her gown, a bit of green.

A green basket filled with white carnations and green foliage stood in the center of the table. White glass candlesticks with green shades also carried out the color scheme, while white crocheted favor baskets, filled with dainty green candies, were at each plate. The table was set for six.

The name cards were white shamrocks outlined with green ink and edged with gilt, and the name on each was written in green.

Bettina used green ferns for decoration in every possible place where they might add to the attractiveness of the table, under the glass dishes and around the baskets containing rolls, cakes and croutons.

"You might be Irish yourself, Bettina," said Mary, "you have such a feeling for green! And isn't the table lovely, girls!"

For luncheon Bettina served:

Cream of Celery Soup	Grapefruit Cocktail	Shamrock Croutons
Bettina Meat Timbales		Brown Sauce
	Asparagus on Toast	
	Mashed Sweet Potato Croquettes	
Shamrock Rolls		Mint Jelly
Pepper Salad		Sandwiches
Bombe Glace	Shamrock Cakes	
	Coffee	
	Shamrock Candies	

**BETTINA'S RECIPES**

(All measurements are level)

**Grapefruit Cocktail** (Six portions)

2 grapefruit	6 green cherries
1/3 C-sugar	Smilax or fern leaves

Peel the grapefruit, remove the white part and the tough membrane, leaving the fruit. Cut with the scissors into one-inch cubes. Place in a bowl, add the sugar and allow to stand in a cold place for one hour. Arrange the servings in six sherbet glasses. Place one green cherry on the top of each and garnish the plate with smilax or a fern leaf. Stand the sherbet glasses on a paper doily on a small serving plate. Arrange a bit of the green leaf under the sherbet glass (on top of the doily) so that the green color will be visible through the glass.

**Cream of Celery Soup** (Six portions)

2/3 C-celery, cut fine	2 1/2 C-milk
1 1/2 C-water	2 t-salt
4 T-butter	1/4 t-paprika
6 T-flour	1 t-chopped parsley
2 T-whipped cream	

Wash the celery thoroughly, and cut into small pieces. Add the small leaves and the water. Simmer for thirty-five minutes. Strain through a coarse strainer, rubbing all of the pulp through. Melt the butter, add the flour, salt and paprika. Add the milk and cook two minutes, stirring to prevent scorching. Add the celery stock and the pulp. Cook one minute. Fill bouillon cups three-fourths full, add two pinches of parsley and one teaspoon of cream to each serving.

**Shamrock Croutons** (Six portions)

6 slices bread	2 T-butter
	1/4 t-salt

Cut the slices of bread half an inch thick and cut pieces out of each with a shamrock cookie cutter. Toast on each side until a delicate brown. Butter and sprinkle with salt, serve warm with soup.

## CHAPTER LXXIV

### AT DINNER

“MARY gave a waffle party today,” announced Bettina at the dinner table.

“A waffle party in the afternoon?” said Bob. “That was queer! Usually at afternoon parties you women serve tiny little cups of tea and dainty olive sandwiches, almost too small to be visible; don’t you? Waffles are more sensible, I think, but it seems a shame that we men had to miss such a party.”

“Well, I’m afraid I’ll have to acknowledge that we had a very good time without you,” laughed Bettina, wickedly. “It has been cold today, you know, and Mary’s kitchen was so warm and bright and cozy! We all went out there and took turns baking the waffles. We consumed a large number of them, and had a very jolly informal kind of time. We house-keepers compared notes and gave each other advice and really learned a great many things.”

“Such as——”

“Well, Alice tells me that when she makes a devil’s food cake she removes all of the melted chocolate from the pan by adding a little flour which mixes in thoroughly and saves any waste of chocolate. Surely that is worth knowing.”

“It certainly is, though I’ll admit that I don’t quite understand your language.”

“Well, cheer up, Bob! There are times when I confess that I don’t quite understand the automobile explanations you so often give me of late!”

Their dinner that evening consisted of:

Pork Chops	Mashed Potatoes
Creamed Carrots	Bettina Salad
Orange Dessert	
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Pork Chops (Two portions)**

2 pork chops	1 T-egg
½ C-cracker crumbs	1 T-water
	1 T-bacon fat

Wipe the chops with a damp cloth. Mix the crumbs and the salt. Beat the egg and the water together. Dip the chops in the crumbs, then in the egg mixture and then in the crumbs. Place the bacon fat in the frying-pan and when hot add the chops. Brown thoroughly on both sides, add half a cup of water, and cook over a moderate fire until tender. (About thirty minutes.) Cover with a lid while cooking. More water may be needed to prevent burning.

**Bettina Salad (Two portions)**

1 tomato	1 t-salt
1 green pepper	¼ t-onion salt
2 T-pimento cut in small pieces	¼ t-celery salt
2 T-grated cheese	⅛ t-paprika
2 pieces of lettuce	½ C-salad dressing

Arrange the lettuce leaves on a plate. Place a slice of tomato, two slices of green pepper, one tablespoon of pimento and one tablespoon of cheese on each serving. Mix the salad dressing with salt, paprika, celery and onion salts. Pour half of the mixture over a portion of the salad.

**Orange Dessert (Two portions)**

2 slices of sponge cake	2 T-nut meats, cut fine
1 orange	2/3 C-whipped cream
2 T-sugar	1 t-vanilla

Add the vanilla and the sugar to the whipped cream. Arrange the slices of cake on the plates. Place one-fourth of the orange, divided into sections and sprinkled with sugar, on each slice. Pile the whipped cream on the orange. Place one tablespoon of nut meats and the remaining fourth of the orange (cut small) on each portion. Do not arrange this dessert until just ready to serve.



## CHAPTER LXXV

### AN ANNIVERSARY DINNER

“THIS is some dinner, Bettina!” said Bob, over his dessert. “It’s like a celebration, somehow, with the pink candles on the table, and the flowers, and the company menu. Why, Bettina, I do believe it is an anniversary! Isn’t it? Let me see! The second anniversary of our engagement!”

“I’ve been waiting to see if you would remember that, Bob, and I must say that I’m a little ashamed of you! After all, it took the pink candles and the company dinner to make you think of it! Well, I suppose men are all alike!” And she sighed the sigh of deep disillusionment.

Bob waited for a moment to see the dimple reappear in her cheek, and the twinkle in her eyes, and then he, too, sighed—a sigh of relief.

“Bless your heart, Bettina, don’t you sigh like that again! You almost had me thinking that you were in earnest. Now you took the very nicest way to remind me of that anniversary. Instead of feeling neglected like some women——”

“What do you know about ‘some women,’ Bob?”

“Only what I’ve read in books——”

“Well, the books don’t know. But I give you fair warning, Bob, that on the next anniversary you fail to remember, I’ll feed you bread and milk, and not chicken.”

“This is a fine dessert,” said Bob meekly and tactfully.

“Do you like it? I enjoy making it, it looks so light and fluffy. I pile it very lightly into the glass dish to make it that way. I prefer gelatin in glass dishes, don’t you, Bob?”

"You bet I do! Everything about this anniversary dinner is fine except for my own stupidity!"

That night Bettina served:

Bettina's Chicken En Casserole  
Whole Wheat Bread Butter  
Cranberry Jelly  
Head Lettuce with Salad Dressing  
Bettina's Sponge  
Coffee

## BETTINA'S RECIPES

(All measurements are level)

### **Bettina's Chicken En Casserole (Two portions)**

4 pieces of chicken	½ C-cooked potatoes,
2 T-flour	cut in cubes
1 T-lard	½ C-cooked carrots
1 C-boiling water	¾ C-cooked celery
1 t-salt	1 T-raw onion
2 T-butter	1 t-salt

Roll the chicken in the flour. Place the lard in the frying-pan, and when very hot, add the chicken, browning thoroughly on all sides. Season with the salt. Place in the casserole and add the boiling water. Cover, and place in a moderate oven for one hour. Melt the butter, and when hot, add the potatoes, carrots, onion, celery and salt. Stir constantly, and when well-browned, add to the chicken mixture. Allow to cook for half an hour. More water may be needed. Serve in the casserole.

**Bettina's Sponge** (Three portions)

2 t-granulated gelatin	1 C-boiling water
1 T-cold water	$\frac{1}{2}$ C-whipped cream
4 T-sugar	6 cocoanut macaroons, crushed
1 T-lemon juice	8 candied cherries, cut fine
2 T-nut meats, cut fine	

**Add the cold water to the gelatin and allow it to stand**

five minutes. Add the sugar and the lemon juice. Mix well, and add boiling water. When thoroughly dissolved, allow to cool. When the mixture begins to congeal, or thicken, add the whipped cream, crushed macaroons, cherries and nut meats. Beat until the mixture begins to thicken. Pile lightly into a glass dish and set away to harden for one hour.

## CHAPTER LXXVI

### RUTH COMES TO DINNER

**“H**OW do you like this kind of meat, Ruth?” asked Bob. “It is a little invention of Bettina’s own. I call it a symphony and no ‘mis-steak.’”

“It is an economy, not a symphony,” said Bettina, “but if it leads you to make such dreadful puns as that, I’ll wish I had fed you something else for dinner.”

“To me,” said Ruth, “this dish is a delicacy and a despair. How can you think of things like this? I know I never could do it in the wide world!”

“I can’t compose symphonies or poems,” said Bettina, “so I express myself in this way. And most of my music is played in a simple key. It is difficult to think of a variety of inexpensive meat dishes, and sometimes I have to invent them in order to keep within my allowance, and still vary my menus. Creamed onions are economical and healthful, too, so you see that my whole dinner is inexpensive.”

“And also delicious,” said Ruth. “I don’t see how you manage to keep cooked onions from having a strong smell, and to keep the house so free from the odor.”

“O that someone would patent  
That someone would patent and sell  
An onion with an onion taste  
And with a violet’s smell,”

quoted Bob.

"Well," said Bettina, "I'm afraid that a house in which onions have recently been cooking, can't be entirely free from the odor, but I largely overcome the difficulty by peeling them under cold water, and then cooking them in an uncovered vessel. Then, too, I wonder if you know that boiling them for five minutes and then draining them and covering them with boiling water again—even draining them twice and finishing the cooking in fresh boiling water—is a splendid thing for taking away the strong taste."

"No, I didn't know that. Bettina, dear, your kind of apple sauce is as fine a dessert as I ever ate."

"You're good to say so, Ruth. I was afraid when I urged you to stay tonight that you might think this meal very plain and simple for a guest, but I know it is healthful and economical and Bob seems to thrive, so I'll not be remorseful."

"Just let me ask you what gives this apple sauce such a delicate flavor. It isn't a bit like common, ordinary apple sauce."

"I don't know; maybe it's the butter. I always put that in, and a few grains of salt. This has also a thin slice of lemon cooked in it—rind and all—and of course there is a little cinnamon, though some people prefer nutmeg. Then I try to be careful in putting in the sugar, for I know that some apples require more than others. These were tart apples; I like them better for apple sauce."

"The reason why I'm never cross  
Is 'cause I'm fed on apple sauce,"

remarked Bob complacently.

"But I am sure you'd fret and cry  
If fed instead on apple pie,"

added Ruth.

"Not Bettina's apple pie!" said Bob decidedly. "You may just be sure that it would improve any disposition!"

Dinner that night consisted of:

Bettina Steak  
New Potatoes with Maitre d'Hotel Sauce  
Creamed Onions  
Apple Sauce

Bread

Butter

### BETTINA'S RECIPES

(All measurements are level)

#### Bettina Steak (Four portions)

1 lb. ground beef from the round	½ t-onion juice or onion salt
¼ C-bread crumbs	½ t-chopped green pepper
¼ C-milk	1 t-salt
1 egg, well beaten	¼ t-paprika
⅛ t-grated nutmeg	½ t-chopped parsley

Soak the crumbs in milk for three minutes, add the meat, egg, nutmeg, onion juice, parsley, salt, green pepper and paprika. Mix well. Pat into shape one and one-half inches thick in a well buttered tin pan. Cook five minutes under a very hot broiler. Turn down the heat a little and cook ten minutes more. Turn the steak into another buttered pan the same size and cook that side ten minutes. Pie tins may be used to cook the meat in.

#### Creamed Onions (Four portions)

6 onions

1½ C-vegetable white sauce

Peel six medium sized onions under cold water. Place in a stew-pan and cover with boiling water. Boil five minutes, drain, cover again with boiling water and cook ten minutes. Drain, recover with boiling water and cook ten minutes longer or until tender. Serve with hot white sauce.

#### Apple Sauce

6 tart apples	1 thin slice of lemon
½ C-water	⅛ t-cinnamon
½ C-sugar	½ t-butter
A few grains of salt	

Wash, peel, quarter and core the apples. Add the water, cover the kettle with a lid and cook till apples are soft. Add other ingredients. Cook enough longer to dissolve the sugar. Mash or put through a colander, if desired.

## APRIL.

*Tell me, housewife blithe and fair,  
How does your garden grow?  
Crisp and green the lettuce there,—  
Onions, row by row,—  
Radishes beyond compare!  
Spring and I with tender care  
Watch them well, you know!*





## CHAPTER LXXVII

### MILDRED'S SPRING VACATION



“I WAS so afraid Father wouldn’t let me come, Aunt Bettina!” exclaimed Mildred, after the first greetings. “And your letter sounded so jolly—about the cooking and all—well, if Father had said ‘no,’ I should simply have died.”

“Died, Mildred?” asked Bob. “I must say you look fairly healthy to me, too much so to

pine away soon!”

“I don’t intend to die now, Uncle Bob! I’m going to live and have the most fun helping Aunt Bettina! I like that so much better than lessons. I brought two aprons in my suit case; Mother said I acted as if I wouldn’t meet anybody in a three day visit but your kitchen stove. And to tell the truth, Aunt Bettina, I just hope I won’t! I’d rather help you cook than see sights or meet people.”

“Oh, dear!” exclaimed Bob tragically. “Just when I was counting on you to climb to the dome of the capitol with me, too! Why was I ever born?”

“You’ll have to do your climbing alone, I’m afraid,” Mildred replied cheerfully. “Now, Aunt Bettina, may I set the table for you? Do show me what you are going to have for dinner! Little custards? Oh, how cunning! Made in moulds and served cold with maple syrup? Aunt

Bettina, I just believe I could make that dessert myself! Will you teach me while I'm here?"

The dinner consisted of:

Round Steak En Casserole	Baked Potatoes
Lettuce Salad	Bettina Dressing
Steamed Custard	Maple Syrup
Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Round Steak En Casserole (Three portions)

1 lb. round steak, cut one inch thick	2 T-green pepper, cut fine
1/2 C-flour	1 C-diced carrots
1 T-onion, cut fine	2 C-water
	2 t-salt

Place the meat, which has been wiped with a damp cloth, upon a meat board. Cut into four pieces. Pound the flour into the meat on both sides, using a meat pounder or the side of a heavy saucer. Butter the casserole, add a layer of meat, then onions and green peppers. Add the carrots. Add the salt to the water and pour over the meat. Cover closely. Place in a moderate oven and allow to cook slowly for two hours. More water may be needed before the meat is done. Serve in the casserole.

#### Lettuce Salad (Three portions)

6 pieces of lettuce 1/2 t-salt

Arrange the lettuce, which has been washed and chilled, upon three plates. Sprinkle the lettuce with salt and serve with the following dressing:

#### Bettina Dressing

2/3 C-salad dressing	1 T-pimento catsup
1 t-olive oil	1/4 C-celery, cut fine
2 T-chopped pickle	2 T-nut meats, cut fine
1 T-chopped pimento	1/4 t-salt
	1/4 t-paprika

Beat the salad dressing, add the oil, pickle, pimento, catsup, celery, nut meats, salt and paprika. Beat one minute. Pour three tablespoons of the mixture over each portion of the lettuce. Serve very cold.

**Steamed Custard (Four custards)**

1½ C-milk	¼ t-salt
2 eggs	¼ t-vanilla extract
3 T-sugar	¼ t-lemon extract
⅛ t-grated nutmeg	

Beat the eggs, add the sugar, salt, vanilla, and lemon extract. Mix thoroughly. Butter four custard cups. Fill a pan four inches deep with hot (not boiling) water. Set the cups in the pan and place in a moderately slow oven for thirty-five or forty minutes (or until a knife inserted in the custard comes out clean). Serve cold with maple syrup poured over it.

## CHAPTER LXXVIII

### HELPING BETTINA

“**M**ILDRED helped me get the dinner tonight,” said Bettina, as they sat down at the table.

“Indeed I did, Uncle Bob!” exclaimed the little girl delightedly. “And I’m having so much fun that I don’t ever, ever, ever want to go home! Aunt Bettina is going to show me how to make cookies tomorrow!”

“Is she?” said Bob. “Well, don’t eat ’em all up before I get here. Save me six fat ones, with raisins in. Don’t forget the raisins.”

“I set the table, Uncle Bob, and I made the rice croquettes into that cunning shape, and when they were fried, I put in the jelly! Don’t they look nice?”

“The most artistic rice croquettes, I ever ate!” declared Bob.

“And wait till you see the dessert! I fixed that; Aunt Bettina showed me how. But I won’t tell you what it is—yet. I know you’ll like it, though.”

“Well, you’re a great little helper, Mildred, aren’t you!”

“That’s just what Aunt Bettina says. And I’ve learned so many things! I didn’t know before that it was easier to cut up marshmallows with the scissors than any other way. Oh, Aunt Bettina! I almost told him about our dessert!”

“Marshmallows? Marshmallows?” said Bob. “A clue,

I do believe! I have it: 'Marshmallows served with scissors!' "

"Oh, Uncle Bob, you're too funny!" cried Mildred, shouting with laughter.

"Appreciated at last!" said Bob.

For dinner that night they had:

Lamb Chops		Rice Croquettes
	Creamed Peas	
Bread		Butter
Sponge Cake		Whipped Cream
	Coffee	

### BETTINA'S RECIPES

(All measurements are level)

#### Broiled Lamb Chops (Three portions)

3 lamb chops	1 t-salt
1 T-butter	$\frac{1}{4}$ t-paprika
$\frac{1}{8}$ t-parsley	

Wipe and trim the chops. Place on a hot tin pan four inches from a direct hot flame (under a broiler). Cook two minutes, turn and thoroughly cook the other side for two minutes. Lower the flame a little, add the salt and pepper, and cook for eight minutes more. (A little longer if the chops are very thick.) Remove to a warm platter, dot with butter, add the parsley and serve immediately.

#### Rice Croquettes with Jelly (Three croquettes)

1 C-steamed rice	$\frac{1}{4}$ t-salt
1 egg-yolk	1 t-chopped parsley
1 T-butter	3 T-flour
$\frac{1}{8}$ t-paprika	2 T-grape jelly

Mix the steamed rice, egg-yolk, butter, paprika, salt and parsley. Shape into flat disks one inch thick and three inches in diameter. Roll in flour. Make an indentation in the center of each with a spoon, to hold the jelly. Fry in hot deep fat until brown. Drain, the wrong side up. Heat in a hot oven and serve hot. Place a cube of jelly in the center of each.

**Sponge Cake with Whipped Cream** (Three portions)

3 slices of stale cake (three by three by one inch)	3 T-cherry juice 4 T-whipping cream
8 marshmallows cut in cubes	$\frac{1}{2}$ t-vanilla
3 T-canned cherries	$1\frac{1}{2}$ T-sugar

Beat the cream until stiff, add the vanilla, marshmallows and sugar. Arrange the cake in glass sherbet dishes. Place a tablespoon of cherries and a tablespoon of juice on each slice. Place one and a half tablespoons of the whipped cream mixture on each portion. Allow to stand in a cold place for five minutes.

## CHAPTER LXXIX

### HELPING WITH A COMPANY DINNER

“COOKING a company dinner is such fun!” sighed Mildred. “I like the dinner part, but I always wish that the company would stay away at the last minute.”

“Oh, you’ll like Mr. Jackson, Mildred. He’s one of Uncle Bob’s best friends, and so nice and jolly!”

“The jolly men always like to tease, and the ones who aren’t jolly are always cross. I don’t intend to get married myself. I’m going to live in a nice little bungalow like this one and do my own cooking.”

“Will you live all alone?” asked Bettina.

“I’ll adopt some children—seven or eight, I think,—all girls. I don’t want any boys around.”

“Your bungalow will have to be larger than this to accommodate them all if you adopt seven or eight.”

“I don’t want a large one; that would spoil the fun. I’ll let the children take turns sleeping on the floor. Children always love to sleep on the floor, and mothers never like to have them do it! I wonder why? Now, will you let me brown the flour for the gravy?”

“Yes, dear. Put half a cup of white flour in that frying-pan over the fire and keep stirring it constantly until it is a nice brown color, about like powdered cinnamon.”

“This way?”

“Yes, Mildred; a little darker than that, but keep stirring it so that it won’t burn. There, that’s exactly right!”

That evening Bettina served:

Leg of Lamb with Browned Potatoes  
 Gravy  
 Lettuce and Egg Salad  
 Strawberry Shortcake      Cream  
 Coffee

**BETTINA'S RECIPES**

(All measurements are level)

**Leg of Lamb and Browned Potatoes (Four portions)**

3 lb. leg of lamb	$\frac{1}{4}$ t-paprika
6 potatoes	2 T-bacon fat
1 T-salt	$\frac{1}{3}$ C-boiling water

Allow the lamb to stand in cold water for ten minutes. Remove and wipe dry. Place the fat in a frying-pan. Add the meat and cook until thoroughly browned on all sides. Place in the fireless cooker (or a slow oven) and surround the meat with the potatoes. Sprinkle with the salt and paprika. Add the water. (If in the cooker, place the heated disks under and over the meat.) Cook two hours.

**Gravy (Four portions)**

4 T-browned flour	$\frac{1}{4}$ t-white pepper
1 T-butter	$\frac{1}{2}$ C-meat stock and
1 t-salt	water

Remove the meat from the pan in which it was cooked (also remove the potatoes) and add sufficient water to the stock in the pan to make one and a half cups all together. Melt the butter, add the browned flour and a tablespoon of the stock. Mix well, and add the salt and pepper. Add the remaining stock; cook, stirring constantly for two minutes. Pour into a heated gravy dish. Serve at once.

**Egg and Lettuce Salad (Four portions)**

8 pieces of lettuce	2 t-salt
4 hard-cooked eggs	$\frac{1}{2}$ t-paprika
4 radishes	$\frac{1}{4}$ t-celery salt
4 young onions	8 T-salad dressing

Arrange two pieces of lettuce on each plate. Slice an egg, a radish and an onion and arrange these upon the lettuce leaves. Sprinkle each portion with a fourth of the seasoning. Place two tablespoons of salad dressing on each portion. Have all the ingredients cold before combining.



## CHAPTER LXXX

### MILDRED'S DAY

“**I** HELPED to make the cunning little biscuits, Uncle Bob,” explained Mildred at dinner.

“You did?” said Bob, feigning astonishment. “You rolled them out with a rolling pin, I suppose, and——”

“Oh, no, Uncle Bob! You ought never to use a rolling pin, Aunt Bettina says!” said Mildred in a horrified tone, as if she had been cooking for the First Families for a score of years. “Good cooks always pat down the dough—they never roll it out.”

“Well, what do you do first? Stir up the dough with a spoon?”

“No, indeed; you use a knife. Then you pat the dough down, and cut out the dear little biscuits with a biscuit cutter.”

“And put them side by side in a nicely buttered pan? I know how!”

“But you don’t butter the pan,” said Mildred triumphantly. “Or flour it, either. Aunt Bettina says that lots of people think the pan has to be buttered or floured, but they’re wrong. It’s lots better to put the biscuits into a nice clean pan.”

“But don’t they stick to it, and burn?”

“No, indeed! They don’t burn a bit! Look at these!” said Mildred, delighted to find the opportunity to impart some of her newly acquired knowledge.

“Well, what else did you help Aunt Bettina to make?”

"These nice stuffed onions. It was fun to make them, even though I don't like onions. I ground up the dry bread that Aunt Bettina keeps in the jar by the stove."

"Well, you can tell Mother Polly that Aunt Bettina will make a good cook of you yet!"

For dinner that night they had:

Rolled Stuffed Steak	Stuffed Onions	Potatoes au Gratin
Sour Cream Biscuits		Currant Jelly
Sliced Bananas	Coffee	Cream

### BETTINA'S RECIPES

(All measurements are level)

#### Stuffed Onions (Four portions)

4 onions	1 t-parsley
$\frac{1}{2}$ C-bread crumbs	1 T-pimento
1 T-tomato pulp	1 egg-yolk
1 T-butter	$\frac{1}{4}$ C-cooked celery
	$\frac{1}{2}$ t-salt

Wash and peel the onions. Cook for ten minutes in boiling water. Rinse with cold water to make them firm. Push out the centers. Place the onions in a well-buttered baking pan and fill each onion with filling. Place in a moderate oven for twenty minutes.

#### Filling

Mix the crumbs, tomato pulp, butter, parsley, pimento, salt, egg yolks and celery. Cook for one minute. Fill each onion case carefully with the mixture. Then pour the following sauce about the onions before placing them in the oven:

#### White Sauce (Four portions)

2 T-butter	$\frac{1}{4}$ t-salt
2 T-flour	$\frac{1}{6}$ t-paprika
	1 C-milk

Melt the butter, add the flour, salt and paprika. Mix well, add the milk, and cook for one minute.

**Sour Cream Biscuits** (Four portions)

2 C-flour	3 T-fat
$\frac{1}{2}$ t-salt	$\frac{1}{4}$ t-soda
3 t-baking powder	$\frac{2}{3}$ C-sour milk

Mix the flour, salt and baking powder. Cut in the fat with a knife. Add the soda to the milk, and when the effervescing ceases, add slowly to the dry ingredients. (All the milk may not be needed.) When a soft dough is formed, toss onto a floured board. Pat into shape, cut with a biscuit cutter, and place side by side on a tin pan or baking sheet. Bake fifteen minutes in a moderately hot oven.

## CHAPTER LXXXI

### POLLY COMES FOR MILDRED

“SO you’ve been teaching Mildred to cook?” asked Polly as they sat down to dinner.

“Oh, Mother, I’ve learned so much!” cried Mildred with enthusiasm. “And when I’m married, I’m going to have a dear little kitchen just like Aunt Betty’s! Aunt Betty does know the very best way to do everything! Why, Mother, I think she’s a better cook even than Selma, and not half so cross when I bother!”

“Bother!” said Bettina. “Why, Mildred, you’ve been a real help to me!”

“I hope so,” laughed Polly, “but I’m not so sure. Children never worry me—it’s fortunate, isn’t it?—but I don’t see how on earth anyone can cook with a child in the kitchen! I wanted Selma to teach Mildred, but I hadn’t the heart to insist when she objected to the plan.”

“H—m, Selma!” said Mildred with scorn. “Why, Mother, Selma doesn’t even know enough to line her cake pans with waxed paper! She butters ’em! And I don’t believe we have a spatula in the whole house!”

“A—what?” said Polly in a puzzled tone. “I don’t believe I——”

“Don’t you know what a spatula is, Mother?” asked Mildred didactically. “Why, it’s one of those flattened out spoon-things to use in the kitchen. We ought to have one. And—Mother, you ought to see how much mayonnaise Aunt Bettina makes at a time! It’ll keep, you know.”

"Goodness!" said Polly tragically. "What a dreadful thing it will be to live with a child who knows more than I do!"

For dinner that night they had:

Baked Potatoes	Veal Chops	Escalloped Onions
Bread		Butter
Mocha Cake	Coffee	Mocha Icing

### BETTINA'S RECIPES

(All measurements are level)

#### Escalloped Onions (Four portions)

1 C-onions	1 t-salt
1 qt. water	$\frac{1}{4}$ t-pepper
2 T-butter	1 C-milk
2 T-flour	$\frac{1}{4}$ C-buttered crumbs

Wash and peel the onions. Cook in one quart of water. Allow to boil five minutes. Change the water and continue boiling ten minutes. Change the water again, and when thoroughly cooked (about fifteen minutes more), remove from the fire and drain.

Melt the butter, add the flour and salt and mix thoroughly. Add the milk and cook one minute. Add the onions, and pour the mixture into a well-buttered baking dish. Place the buttered crumbs on the top of the onions and bake in a moderate oven for twenty minutes.

#### Mocha Cake (Twelve portions)

$\frac{1}{3}$ C-butter	1 C-strong coffee
1 C-sugar	$\frac{1}{2}$ t-vanilla
2 eggs	2 C-flour
3 t-baking powder	

Cream the butter, add the sugar and cream the mixture, add the egg-yolks, mix well and add the coffee, vanilla, flour and baking powder. Beat two minutes. Add the stiffly beaten egg-whites. Pour the mixture into two layer-cake pans prepared with waxed paper. Bake twenty-five minutes in a moderate oven. When cool, spread with the mocha icing.

**Mocha Icing** (Twelve portions)

4 T-strong boiling coffee    1 t-vanilla  
    1½ C-powdered sugar

Mix the vanilla with the coffee. Add the powdered sugar slowly until the proper consistency to spread. Spread over one layer and place the upper layer on the lower. Place the icing on the top layer and on the sides. More sugar may be needed

## CHAPTER LXXXII

### MILDRED'S PLANS

“I SUPPOSE that when we get home again, Mildred will be insisting that we reorganize our household along the lines of yours, Bettina,” laughed Polly. “I can just hear Selma’s outbursts at the idea of any changes in her department.”

“But you can always smile Selma out of her ‘spells,’ Mother,” coaxed Mildred. “And just think, Selma doesn’t even know what a fireless cooker is! We’ll have to explain it to her.”

“What can you make in a fireless cooker, Mildred?” asked Polly of her little daughter, who was fairly bursting with her newly acquired information.

“Oh, Mother, this roast! Isn’t it good? Aunt Betty kept it in the cooker almost four hours, and think how much gas that saved!”

“Well, I’ll admit that such an item would appeal to your father, Mildred,” Polly replied, “so I think I’ll leave it to you to get around him and Selma. I’m sure,” she continued, turning to Bob, “that such an undertaking can reasonably be expected to occupy Mildred for some time. But I do like the roast.”

“The roast?” said Bob. “It is good, Polly, but you needn’t think that this is a company meal, especially. Why, Bettina gives me company dinners every day!”

For dinner that night they had:

Pot Roast	Gravy
Boiled Rice	
Apple and Nut Salad	
Chocolate Pie	
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Pot Roast (Four portions)**

2½ lbs. of beef (a	2 t-salt
rump roast	½ t-pepper
2 T-bacon drippings	¼ C-diced carrots
3 T-flour	¼ C-diced turnips
1 bay leaf	2 T-chopped onions
4 cloves	¼ C-celery
3 C-boiling water	

Place the bacon drippings in a frying-pan. Roll the beef in the flour, and when the fat is hot, add the beef and brown thoroughly on all sides. Place the meat in a kettle, and add the vegetables. Pour the water in the frying-pan to remove any fat. Pour all over the meat. Add the bay leaf, cloves and salt. Cover closely and allow to cook very slowly for three and a half hours. Turn the meat after the second hour. This is a good fireless cooker recipe.

**Gravy**

1 C-stock	1 T-flour
1 T-water	

Remove the meat from the kettle. Strain the stock into a bowl. To the flour, add the water. Mix well, and gradually add the stock. Mix and cook one minute. Pour the gravy over the meat and reserve the remaining stock and vegetables for soup.

**Soup**

Strain the vegetables through the strainer, pressing thoroughly to remove all the pulp. Add the stock and one-half a cup of water. Reheat and serve for dinner with croutons or salted wafers.

**Rice**

½ C-rice	1 t-salt
2 C-boiling water	⅛ t-paprika
1 T-butter	



When the water is boiling, add the salt. Add the rice and allow it to boil twenty minutes. More water may be needed. Stir occasionally with a fork. Pour into a strainer, and rinse thoroughly with cold water. Toss into a buttered vegetable dish. Sprinkle with paprika and dot with butter. Set in a moderate oven for fifteen minutes.

## CHAPTER LXXXIII

### A LUNCHEON FOR POLLY

“**N**OW that this delicious little luncheon is over, Bettina,” said Alice, “I want to ask you something. How did you make the croquettes that cunning shape?”

“With a conical ice cream mould, Alice,” Bettina answered. “It is very simple. And I’ll tell you another thing. I made those croquettes yesterday, not today.”

“You don’t mean that you fried them yesterday?”

“Yes, I did, Alice. In deep fat.”

“But they were warm, not cold.”

“Yes, for I reheated them in the oven a few minutes before I served them. They really are as good as new when treated that way. I had always supposed that croquettes had to be served immediately after they were fried, and you know frying in deep fat is really a nuisance when it has to be done at the last minute. For instance, today I had the biscuits to make, and the soup and sweet potatoes to prepare. And I believe in being leisurely when giving a luncheon, so I certainly would not serve croquettes if they had to be made that day. I tried reheating them once when Bob and I were here alone and discovered that they were delicious. So I’ve always, ever since, fried my croquettes the day before.”

“Hereafter I’ll serve croquettes at luncheon myself,” said Alice. “You have taught me something.”

For luncheon that day Bettina served:

Cream of Pea Soup	Toasted Sticks
Pork Croquettes	Glazed Sweet Potatoes
	Creamed Green Beans
Biscuit	Cherry Butter
Head Lettuce	French Dressing
Date Pudding	Cream
	Coffee

## BETTINA'S RECIPES

(All measurements are level)

### Cream of Pea Soup (Four portions)

1 C-peas	2 T-butter
1 C-water	2 C-milk
$\frac{1}{4}$ t-sugar	1 t-salt
2 T-flour	$\frac{1}{4}$ t-paprika

Cook the peas, water and sugar slowly for fifteen minutes. Strain, and rub all the pulp through the strainer. Melt the butter, add the flour, salt and paprika. Mix thoroughly and gradually add the milk. Boil one minute and add the pulp and liquid from the peas. Cook one minute. Serve in hot soup plates or bouillon cups.

### Toasted Sticks (Four portions)

3 slices of bread	1 T-butter
	$\frac{1}{2}$ t-salt

Cut the slices of bread one-half an inch thick. Butter, and sprinkle with salt. Cut into strips, the length of the slice and half an inch wide. Place on a tin pan, and cook directly under a fire or in an oven until a delicate brown. Serve warm.

### Ground Pork Croquettes (Four croquettes)

1 C-chopped, cooked pork	$\frac{1}{2}$ T-butter
$\frac{1}{8}$ t-paprika	1 T-flour
$\frac{1}{4}$ t-celery salt	$\frac{1}{3}$ C-milk
$\frac{1}{8}$ t-onion salt	$\frac{1}{3}$ C-crumbs
$\frac{1}{4}$ t-salt	2 T-egg
1 T-pimento, cut fine	1 T-water

Melt the butter, add the flour, paprika, celery salt, onion salt, salt and pimento. Gradually add the milk and cook thoroughly for one minute. Add the meat and allow the

mixture to cool. When cool, shape into the desired shape, preferably conical. Roll in the crumbs, dip in the egg and water mixed, then dip in the crumbs and allow to stand for fifteen minutes or more. Fry in deep fat.

**Date Pudding** (Four portions)

2 egg-whites	1 t-baking powder
$\frac{1}{2}$ C-sugar	$\frac{1}{2}$ C-dates, cut fine
$\frac{4}{8}$ T-flour	$\frac{1}{2}$ C-nut meats, cut fine
$\frac{1}{8}$ t-salt	$\frac{1}{4}$ t-vanilla

Beat the egg whites thoroughly, add the sugar, flour, salt and baking powder. Mix well, add the dates, nuts and vanilla. Pile lightly in a well-buttered baking-dish. Place the dish in a pan of hot water and bake thirty minutes in a moderate oven. Allow the pudding to remain in the oven a little while after the heat is turned off. If cooled slowly, it will not fall. The pudding may be baked in individual moulds if preferred, and may be served with whipped cream.

## CHAPTER LXXXIV

### FURS TO PUT AWAY

“**A** PENNY for your thoughts!”

Bettina started in surprise. “Why, Ruth, I didn’t see you coming up the walk!”

“I knew you didn’t. But what on earth are you doing out here on your front steps? Enjoying the weather?”

“Indeed I am! Isn’t it a wonderful spring day? But my thoughts weren’t very poetic, I must admit. I was just wondering if it was too early to put away my furs for the summer. I’m always tempted to do that when the first signs of spring appear, and then I’m generally sorry a few days later.”

“I’ll have to put mine away soon, too. Do tell me, Bettina, just how you go about it.”

“Well, I always hang mine in the sun for a while, then I beat them well, comb them out with a steel comb, and wrap them up.”

“With moth-balls?”

“That is a good way, but not at all necessary. I always wrap mine in a newspaper—a good tight package. Moths don’t like printer’s ink, you know, and furs so wrapped are perfectly safe.”

“Then, Bettina, you don’t need to add that you label the package, for I know that you do, you thoroughly thorough housekeeper!”

Bettina laughed. “Well, Ruth, I do label it. Labelled packages are so much better to have, for very often you need to get something out in a hurry.”

For dinner that night Bettina served:

Broiled Steak	Lyonnaise Potatoes
Bread	Bean Salad
Date Rocks	Butter
	Coffee

**BETTINA'S RECIPES**

(All measurements are level)

**Lyonnaise Potatoes** (Two portions)

2	T-onion
2	T-butter
$\frac{1}{4}$	t-paprika
$\frac{1}{2}$	t-salt
1 C-cold	boiled potatoes, cut in $\frac{1}{2}$ -inch cubes
1	t-chopped parsley

Place one tablespoon of butter in a frying-pan and when hot add the onion. Let the onion cook until it is brown. Add the salt and parsley, the rest of the butter, the potatoes and the paprika. Stir well. Cook until the potatoes are well browned.

**Bean Salad** (Two portions)

1	C-kidney beans	1	t-salt
$\frac{1}{2}$	C-celery, cut fine	3	T-chopped pickle
2	T-nut meats	$\frac{1}{3}$	C-salad dressing
	2 pieces of lettuce		

Mix the beans, celery, nut meats, green pepper, pickles and salt. Add the salad dressing. Serve very cold on lettuce leaves.

**Date Rocks**

1	C-sugar	1	t-cinnamon
$\frac{1}{2}$	C-lard and butter mixed	$\frac{1}{2}$	t-powdered cloves
$1\frac{1}{2}$	C-flour	$\frac{1}{2}$	t-vanilla
$\frac{1}{2}$	t-baking powder	$\frac{1}{2}$	C-dates, cut fine
2	eggs	$\frac{1}{2}$	C-nut meats, cut fine
	$\frac{1}{8}$ t-salt		

Cream the butter and lard, add the sugar, and mix well. Add the two eggs well beaten. Mix and sift thoroughly the flour, baking powder, salt, cloves and cinnamon. Add the dates and nuts. Stir these dry ingredients into the first mixture. Add the vanilla. Mix thoroughly and drop from the end of the spoon upon a well larded and floured baking pan. Bake fifteen minutes in a moderate oven.

## CHAPTER LXXXV

### PLANNING A CHILDREN'S PARTY

“OF course, I’ll help you, Ruth,” said Bettina. “I’d love to. A children’s party! What fun it will be! How many children will be there?”

“Twelve or fifteen, I think. Now let me tell you Ralph’s own idea for entertainment. I suppose I’m a doting aunt, but it sounds very possible to me.”

“Did Ralph suggest the kind of a party he wished? Well, isn’t he a clever boy! And he’s only eleven years old, too.”

“He suggested that the invitations invite the children to a circus. You see, we could write a little rhyme to that effect on animal paper, or with an animal picture pasted in the corner. When the children arrive, we’ll have the parade. We’ll have ready the horns, drums, and so forth, for the band, and some of the children will represent the various wild animals. The parade will lead to the refreshment table (after some circus games, perhaps), which will be set outdoors if it is warm enough. The table must represent a circus ground (I’ve seen those paper circuses downtown, haven’t you?), and the refreshments must carry out the scheme. So, Bettina, do help us to plan the details!”

Bettina’s dinner that night consisted of:

Sliced Ham and Potatoes en Casserole	
Baked Creamed Cabbage	
Bread	Butter
Plum Pudding	
Cocoanut Pudding	

**BETTINA'S RECIPES**

(All measurements are level)

**Sliced Ham and Potatoes en Casserole (Four portions)**

1 lb. slice of ham two-thirds of an inch thick	12 cloves
4 new potatoes	$\frac{1}{4}$ t-paprika
1 C-water	1 t-chopped parsley
	2 T-flour

Have a frying-pan very hot. Add the ham and brown thoroughly on both sides. Add the water and let boil for one minute. Remove the ham. Stick the cloves into it, and place it in the bottom of a casserole. Add the parsley and paprika to the water in the pan, and pour the liquid over the meat. Cover and bake in a moderate oven for half an hour. Roll the potatoes (which have been washed and peeled) in the flour, and add to the casserole. Baste with the liquid. Cover and cook three-fourths of an hour. Serve in the casserole.

**Creamed Cabbage Baked (Four portions)**

3 C-cabbage, cut or chopped fine	1 t-salt
1 qt. water	1 C-milk
3 T-flour	$\frac{1}{4}$ C-cracker or dry bread crumbs
2 T-butter	1 T-butter

Wash the cabbage and chop into half inch pieces. Cook in boiling water fifteen minutes. Drain and rinse with cold water. Make a white sauce by melting the butter, adding the flour and salt, and then adding the milk. Cook two minutes, stirring constantly. Add the cabbage, and pour into a well-buttered open baking dish. Melt the one tablespoon of butter, add the crumbs and mix well. Spread the buttered crumbs over the top of the cabbage. Bake fifteen minutes in a moderate oven. Serve in the dish.

**Cocoanut Pudding (Four portions)**

1 C-milk	$\frac{1}{2}$ t-lemon extract
$\frac{1}{4}$ t-salt	$\frac{1}{2}$ t-vanilla
3 T-corn starch	3 T-cocoanut
1 egg yolk	2 T-sugar

Mix the corn starch and salt in the upper part of the



double boiler. Add the milk slowly, stirring all the time. Add the sugar. Place the upper in the lower part of the double boiler and cook, stirring occasionally to prevent lumping. When very thick, add the egg-yolk, the vanilla and lemon extracts and the cocoanut. Beat one minute. Cook again for three minutes. Place in a buttered baking dish. Beat the egg-white and when very stiff, add the two tablespoons of sugar. Pile lightly on the top of the pudding and place in a moderate oven for ten minutes to brown the meringue.

## MAY.

*Scrub and polish,—sweep and clean,—*

*Fling your windows wide!*

*See, the trees are clad in green!*

*Coax the spring inside!*

*Home, be shining fair to-day*

*For the guest whose name is May!*



## CHAPTER LXXXVI

### IN HOUSECLEANING TIME



“GOODNESS gracious, Ruth!” said Bettina. “Surely it can’t be half-past five already!”

“Yes, it is, Bettina. Exactly that!” said Ruth, glancing at her tiny wrist watch. “But Bob won’t be home till six, will he?”

“No, but I want to have dinner ready when he arrives.

You see, as I told you before, I simply shouldn’t have gone to Mary’s this afternoon. My curtains are down and my rugs are up, and my house isn’t an attractive place for a man to come home to, to say the least. And then to come straight from a party and give Bob a pick-up lunch instead of a full meal, will be——”

“The last straw? What had you planned for lunch?”

“Well, I have some soup all made, ready to reheat. Then I think I’ll have banana salad, tea, and hot baking-powder biscuits.”

“De-licious!” said Ruth, with a Teddy-fied grin. “I believe I’ll invite myself to stay!”

“Good! You can make the salad while I’m mixing the biscuits. I also have some chocolate cookies, and I’ll open a jar of canned peaches——”

“And I’ll be so bright and scintillating that old Bobbie won’t even miss the curtains and the rugs!”

That night Bettina served:

Bettina Soup

Oyster Crackers

Banana Salad

Hot Biscuits

Canned Peaches

Chocolate Cookies

Tea

**BETTINA'S RECIPES**

(All measurements are level)

**Bettina Soup (Three portions)**

3 C-meat stock (left over)	1 T-sliced onion
$\frac{1}{2}$ C-cooked rice	$\frac{1}{2}$ t-salt
$\frac{1}{2}$ C-tomato pulp	$\frac{1}{4}$ t-paprika
3 celery leaves	

Add the rice, tomato pulp, onion, salt, paprika and celery leaves to the meat stock. Cook for twenty minutes over a slow fire. Strain and serve in hot soup dishes or bouillon cups.

**Banana Salad (Three portions)**

2 bananas	1 T-lemon juice
$\frac{1}{2}$ C-shelled peanuts,	$\frac{1}{2}$ t-salt
broken in halves	$\frac{1}{4}$ t-paprika
$\frac{1}{2}$ C-celery, cut small	$\frac{1}{2}$ C-salad dressing
3 lettuce leaves	

Cut the bananas in one-fourth inch cubes. Add the lemon juice, mixing thoroughly. Add the peanuts, celery, salt and paprika. Add the salad dressing, mixing lightly with a silver fork. Pile on the lettuce leaves which have been washed and arranged on a serving dish. Serve immediately.

**Baking Powder Biscuits (Eight biscuits)**

$1\frac{1}{2}$ C-flour	$\frac{1}{4}$ t-salt
3 t-baking powder	$1\frac{1}{2}$ T-lard
$\frac{1}{2}$ C-milk	

Mix and sift well the flour, baking powder and salt. Cut in the lard with a knife until the consistency of cornmeal. Add the milk slowly, stirring with a knife until the dough is soft enough to be handled without sticking to the fingers. Place on a floured board, pat into shape, with the hands, to a thickness of two-thirds of an inch. Cut with a biscuit cutter. Place the biscuits side by side in a tin pan. Bake in a moderate oven fifteen minutes. Serve on a folded napkin.

## CHAPTER LXXXVII

### WITH HOUSECLEANING OVER

**“B**ROILED steak and French fried potatoes! Whew!” said Bob, strolling into Bettina’s shining kitchen. “Why so festive?”

“Because I’ve just finished house-cleaning, Bob, and I want to celebrate. Doesn’t everything look splendid?”

“Well, it looked good to me before, but now that I think of it, I believe there is an extra shine on things. What makes that nickel there look so bright and silvery?”

“I cleaned it with a damp cloth dipped in powdered borax. That always makes nickel bright and clean.”

“I might have done that for you, Betty. Why didn’t you suggest it to me?”

“Oh, this house is so small and dear that I enjoyed every minute of my house-cleaning. And I didn’t want to bother you with it at all.”

“Well, I’ll help now with dinner. What can I do?”

“Will you cut the bread, dear? There’s the steel bread knife; doesn’t it look bright and shiny, too? I cleaned all my steel knives by dipping them into the earth in a flower pot I keep filled for that purpose. Well, I think dinner is ready now, Bob.”

For dinner they had:

Broiled Steak

Stuffed Onions

French Fried Potatoes

Bread

Currant Jelly

Orange Tapioca

Whipped Cream

Coffee

**BETTINA'S RECIPES**

(All measurements are level)

**Stuffed Onions (Two portions)**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 2 large Spanish onions          | $\frac{1}{2}$ t-salt        |
| 3 T-soft bread crumbs           | 2 t-melted butter           |
| 1 t-egg                         | $\frac{1}{2}$ t-celery salt |
| $\frac{1}{2}$ t-chopped parsley | $\frac{1}{4}$ C-milk        |

Cook the whole onions in boiling water until tender, but not broken. When the fork pierces them easily, drain off the water and rinse in cold water. This makes them firm for stuffing.

Remove the centers carefully. Add the removed portion, chopped fine, to the crumbs, egg, parsley, salt, butter and celery salt. Mix thoroughly. Fill the holes with the mixture. Place the onions in a small pan. Sprinkle the salt over the onion and pour over it the milk. Bake in a moderate oven for twenty minutes.

**Orange Tapioca (Two portions)**

- |                  |                               |
|------------------|-------------------------------|
| 4 T-orange juice | $\frac{2}{3}$ C-boiling water |
| 2 t-lemon juice  | 2 T-powdered tapioca          |
| 5 T-sugar        | $\frac{1}{4}$ t-salt          |
| 1 orange         |                               |

Stir the tapioca into the orange and lemon juice. Add the sugar and salt. Let it stand for three minutes while boiling the water. Add the water. Place directly over the fire. Stir constantly and cook till thick (about three minutes). Peel the orange and break apart in sections. Line a glass serving dish with it and pour the tapioca over the sections. Serve cold with whipped cream.

**Whipped Cream**

- |                             |                                 |
|-----------------------------|---------------------------------|
| $\frac{1}{3}$ C-thick cream | $\frac{1}{2}$ t-lemon extract   |
| 2 T-sugar                   | $\frac{1}{2}$ t-vanilla extract |

Place the cream in a round-bottomed, chilled bowl. Beat until thick and fluffy. Add the sugar, lemon and vanilla. Mix well. Pile lightly on the orange tapioca and serve very cold.

## CHAPTER LXXXVIII

### SPRING MARKETING

**"I**'VE been to the market, Bettina," said Charlotte, "and I thought I'd stop here just a moment to rest."

"Come in," said Bettina, "and set that heavy basket down. Why didn't you leave it for Frank to bring?"

"Because I needed the things for dinner."

"What did you get?"

"Oh, the same old fresh vegetables," said Charlotte wearily. "A month ago they seemed so wonderful—strawberries, asparagus, new potatoes and all—but there are no new ways to cook them! One day I cream the asparagus and the next day I serve it on toast."

"Do you ever make asparagus salad?" asked Bettina. "We are very fond of it. Cold cooked asparagus is good with any kind of salad dressing, but we like best a very simple kind that I often make—oil and lemon juice and cheese."

"Cheese?" echoed Charlotte in surprise.

"Yes, cottage cheese and Roquefort cheese are equally good. And, Charlotte, if you want some delicious strawberry desserts——"

"Oh, I do! We're so tired of shortcake and plain strawberries!"

"I know several good strawberry dishes. Come, let me show you one that I made today!"

Bettina's dinner consisted of:

Veal Steak	New Potatoes in Cream
Bread	Butter
Asparagus Salad	Salad Dressing
Strawberry Tapioca	

**BETTINA'S RECIPES**

(All measurements are level)

**Asparagus Salad (Three portions)**

18 stalks of asparagus	3 C-water
$\frac{1}{2}$ t-salt	$\frac{3}{4}$ pieces of lettuce

Wash the asparagus and cut it in six-inch pieces. Cook for ten minutes in boiling salted water (longer if necessary). Rinse with cold water, handling carefully. Arrange six stalks on each piece of lettuce. Serve with salad dressing.

**Asparagus Salad Dressing (Three portions)**

4 T-olive oil	$\frac{1}{4}$ t-salt
2 T-lemon juice	$\frac{1}{4}$ t-paprika
1 T-cottage cheese	

Beat the oil, and add the lemon juice slowly. Add the salt and paprika. Beat one minute. Add the cheese. Serve very cold, poured over the asparagus salad.

**Strawberry Tapioca**

3 T-granulated tapioca	$\frac{1}{8}$ t-salt
4 T-sugar	$\frac{1}{2}$ t-vanilla
$1\frac{1}{4}$ C-hot water	1 C-strawberries
$\frac{1}{4}$ C-sugar	

Wash and hull the strawberries, and cut in halves with a spoon. Add the sugar, mix well, and set in a cold place. Mix the tapioca, the sugar and the salt. Add the boiling water slowly. Cook ten minutes in the upper part of the double boiler. Add the vanilla. When cold, add the strawberries. Serve very cold with plain or whipped cream.



## CHAPTER LXXXIX

### PLANS FOR THE WEDDING

“OH, Bob!” cried Bettina, “don’t you hope it won’t rain?”

“Rain? When? Tonight?” asked Bob, absent-mindedly, for he was busily eating the first cherry cobbler of the season, and enjoying it, too.

“No, stupid! I’m thinking about the wedding—Ruth’s wedding.”

“And Fred’s wedding, too,” added Bob. “You talk as if Ruth were the only one who is vitally interested.”

“Fred’s wedding, then. For, you see, the ceremony is to be in that darling summer house if it doesn’t rain. If it does it will have to be in the solarium. The bridesmaids and matrons (if it is an outdoor wedding) are to carry the prettiest green silk parasols that you ever saw. They will be Ruth’s gifts to us. Over our arms we’ll carry plain soft straw hats filled with pink peonies, and lots of trailing greenery. Won’t that be lovely? For you know we are all to wear short white dresses and white shoes.”

“And what am I to do?”

“You’re to be an usher and help carry the green ropes that form the aisle.”

“Ropes?”

“Yes, plain ropes covered with greenery. Will you have some more cherry cobbler, Bob?”

That night for dinner Bettina served:

Pork Tenderloin	Creamed New Potatoes
Cauliflower with Butter Sauce	
Vegetable Salad	French Dressing
Cherry Cobbler	Cream
Coffee	

**BETTINA'S RECIPES**

(All measurements are level)

**Vegetable Salad (Four portions)**

2 tomatoes	½ t-celery salt
12 slices of cucumber	1 t-salt
4 T-cottage cheese	¼ t-paprika
8 pieces of lettuce	

Arrange two pieces of lettuce on each salad plate. Cut the tomatoes in half and arrange on the lettuce. Place three slices of cucumber on each piece of tomato. Add a tablespoon of cheese to each portion. Sprinkle with celery salt, salt and paprika. Serve at once with French dressing.

**Bettina's French Dressing (Four portions)**

2 T-lemon juice	1 t-salt
5 T-olive oil	¼ t-paprika
1 t-chopped parsley	

Mix the lemon juice, salt, paprika and parsley. Add the oil slowly, beating vigorously with a Dover egg-beater or a fork. Beat until the mixture becomes a little thick. Pour over the salad.

**Cherry Cobbler (Four portions)**

2 C-cherries, stemmed and pitted	1 C-flour
2/3 C-sugar	1 t-baking powder
2 t-flour	¼ t-salt
1 T-water	1 T-sugar
½ t-salt	2 T-butter
	6 T-milk

Mix the cherries, sugar, flour and salt. Allow to stand five minutes. Add the water. Pour the mixture into a deep glass or china baking dish. Mix and sift the flour, baking powder, salt and sugar. Cut in the butter with a knife. Add the milk, mixing until a soft dough is formed. Shape it with the hands to fit over the cherries. Make three slits in the dough to permit the steam to escape. Place in a moderate oven and bake for thirty minutes. Serve in the baking dish. Plain cream or whipped cream should be served with the cobbler.

## CHAPTER XC

### ENTERTAINING THE WEDDING GUESTS

“IF you girls only would, my dear,” Ruth’s mother had responded to Bettina’s suggestion that she and Alice entertain Ruth’s house guests the entire day before the wedding, “you have no idea what a load would be taken off my mind!”

“And Alice and I would so enjoy helping you,” Bettina had replied. “And remember, we mean the whole day, breakfast and all!”

Luckily, the day before the wedding dawned warm and clear. At eight o’clock Harry and Bob drove them all in automobiles to a lovely country spot in which the girls served an outdoor breakfast. The morning was spent in motoring and luncheon was eaten at a charming downtown tea-room. Then they were whisked off to Bettina’s little home for an informal afternoon, and Harry and Bob, feeling that they had indeed been model husbands, departed for their respective offices.

“The girl from Kentucky has volunteered to sing,” whispered Alice to Ruth. “She’s a dear. Do you suppose we can keep Aunt Jenny from talking for half an hour?”

That afternoon the following refreshments were served on trays:

Fruit Salad	Bettina Sandwiches
Orange Sherbet	
Bettina Cake, White Mountain Cream Icing	
Nuts	Coffee
	Candy

**BETTINA'S RECIPES**

(All measurements are level)

**Fruit Salad** (Twelve portions)

- |  |  |
|--|--|
| 3 C-diced pineapple                          | $\frac{1}{2}$ C-marshmallows, cut fine |
| 1 C-nut meats, cut in small pieces           | $\frac{1}{2}$ C-red cherries, cut fine |
| $\frac{1}{2}$ C-oranges, cut in small pieces | $\frac{1}{3}$ C-figs, cut fine         |
|  | 1 C-salad dressing                     |
|  | $\frac{1}{2}$ C-whipped cream          |
|  | 12 pieces lettuce                      |

Mix the pineapple, nut meats, oranges, marshmallows, cherries and figs. Mix the whipped cream and the salad dressing. Pour this over the fruit. Serve on lettuce leaves which have been washed and placed on serving plates. Serve immediately.

**Bettina Sandwiches** (Twelve portions)

- |                                |  |
|--------------------------------|--|
| $\frac{1}{2}$ C-creamed cheese | $\frac{1}{2}$ C-pimento olives, chopped fine |
| 3 T-pickles, chopped fine      | 2 T-salad dressing                           |
|                                | $\frac{1}{4}$ t-salt                         |

Mix the cheese, pickles, olives and salt. Add the salad dressing. Spread this mixture between two thin pieces of buttered bread. Press firmly together and cut into fancy shapes.

**Bettina Cake** (Twelve squares)

- |                        |                                       |
|------------------------|---------------------------------------|
| $\frac{1}{4}$ C-butter | 1 t-baking powder                     |
| $\frac{1}{2}$ C-sugar  | $\frac{1}{4}$ C-strained orange juice |
| 4 egg-yolks            | $\frac{1}{2}$ t-orange extract        |
| $\frac{7}{8}$ C-flour  | $\frac{1}{2}$ t-lemon extract         |

Cream the butter, add the sugar and mix well. Add the egg-yolks which have been well beaten. Mix and sift the flour, baking powder and salt, and add these, with the orange juice and the orange and lemon extracts to the first mixture. Beat vigorously for two minutes. Fill a twelve-inch square pan which has been prepared with waxed paper, with the mixture. Bake thirty minutes in a moderate oven. When cool, cover with the icing and cut into twelve pieces.

## CHAPTER XCI

### THE BRIDESMAIDS' DINNER

RUTH'S wedding colors were to be pink and green, and pink and green were, therefore, the colors which decorated the charming dinner table laid for the wedding party and close relatives the night before the wedding. A bud vase holding a half-opened pink rose bud stood before every two places. A large, low dish in the center of the table held pink roses, while at either end was another low arrangement of the same flowers.

Tiny paper slipper nut cups at each place held the pecans, and at the places laid for the best man and the ushers, silver pencils, Fred's gifts to the groomsmen, were found.

"They are cunning, of course," chattered Bernadette, Ruth's cousin and maid-of-honor, "but you men just wait till you see the green parasols that we bridesmaids are to carry! Ruth is giving them to us, you know!"

The dinner menu was as follows:

	Watermelon Balls	
Celery Bouillon		Bread Sticks
	Veal Birds	
Creamed New Potatoes		Buttered New Beets
Rolls		Butter Balls
	Mint Frappe	
Blackstone Salad		French Dressing
Thin Bread and Butter		Sandwiches
Brick Ice Cream		White Cake
	Coffee	
	Salted Pecans	

**BETTINA'S RECIPES**

(All measurements are level)

**Blackstone Salad (Eighteen portions)**

36 pieces of head lettuce	$\frac{1}{2}$ t-paprika
9 grapefruit	$\frac{1}{2}$ t-salt
9 T-Neufchatel cheese	2 T-cream
9 T-cottage cheese	1 T-salad dressing

Arrange two pieces of lettuce on each salad plate. Carefully peel the grapefruit and remove all the tough fibres and the white skin. Cut the grapefruit into one-inch pieces. Arrange the pieces in a circle upon the lettuce leaves. In the center of the circle, place the cheese mixture. Pour the salad dressing over the lettuce, cheese and grapefruit.

**Cheese Mixture**

Mix the Neufchatel and cottage cheese, the salt, paprika, cream and salad dressing. Stir until very creamy. Spread on a piece of waxed paper to the thickness of one inch. Place in the refrigerator, on the ice if possible. When cold and hard, cut in pieces three-fourths of an inch square. Place a cube in the center of the grapefruit circle on each side plate.

**French Dressing**

8 T-lemon juice	$\frac{1}{2}$ t-paprika
2 t-salt	1 C-olive oil

Mix and beat thoroughly the lemon juice, salt and paprika. Add the oil very slowly. Beat for three minutes. Add one tablespoon to each portion of the salad. Serve at once.

## CHAPTER XCII

### A MORNING WEDDING IN JUNE

**A**FTER the solemn and beautiful ceremony had taken place in the rose-embowered summer house, there was the usual hush for a moment, and then Ruth and Fred were engulfed in a sudden rush of chattering friends, eager to offer congratulations. Bettina and Bob were swept off with the others to the house, where the wedding breakfast was waiting to be served.

"The morning is after all the happiest time for a wedding," whispered Ellen to Bettina, as they found their places at the bride's table. "Everything seems so fresh and new and green and hopeful! Isn't the table lovely, Bettina?"

And indeed it was. Rose-decorated again, with the graceful flowers in baskets, and the white bride's cake in the center of the table, Bettina felt that it made the proper setting for the flushed and smiling little bride.

"And the wedding cake is to be passed in darling little baskets," continued Ellen. "Little baskets with handles—and the cake in tiny packages tied with white ribbon! Pink and green candy all around them, too!"

The wedding breakfast consisted of:

Watermelon Balls in Halves of	Cantaloupe
Chicken Croquettes	Creamed Potatoes
Mushroom Sauce	
New Peas	Butter Sauce
Parker House Rolls	Loganberry Jam
Fruit Salad	Wafers, Bettina
Brick Ice Cream	White Cake
Coffee	
Nuts	Candy

**BETTINA'S RECIPES**

(All measurements are level)

**Mushroom Sauce (Thirty portions)**

1 C-chicken fat	2 t-salt
$\frac{1}{4}$ C-water	$\frac{1}{2}$ t-paprika
$1\frac{1}{4}$ C-flour	7 C-milk

Mix the fat and flour carefully, add the water, salt and paprika. Cook one minute, stirring constantly, add one-half of the milk and cook until the mixture gets very thick. Beat one minute, add the rest of the milk and cook again, still stirring continuously. When the sauce is very thick and creamy, add the mushrooms. Stir over a hot fire for one minute. This allows the mushrooms to get hot. Serve one tablespoonful of the mixture around each croquette. The sauce may be reheated by adding two tablespoons of milk, and placing over a hot fire.

**Fruit Salad (Thirty portions)**

30 slices of pineapple	120 pecan meats
120 white cherries	30 T-salad dressing
30 red maraschino cherries	30 pieces of head lettuce
	2 t-salt

Arrange the pieces of lettuce on the salad plates. Sprinkle with salt, arrange on each portion a slice of pineapple, four white cherries, four pecan nuts and one maraschino cherry. Place one tablespoon of salad dressing on each slice of pineapple, then arrange the fruits and nuts in any desired design. Serve immediately.

**Wafers Bettina (Thirty portions)**

30 double wafers	3 T-chopped nut meats
$\frac{1}{4}$ lb. cream cheese (white)	3 T-butter
	$\frac{1}{4}$ t-salt

Mix the cheese, nuts, butter and salt thoroughly. Spread evenly over the double wafers. Bake in a moderate oven until a delicate brown on the top.



## CHAPTER XCIII

### THE FIRST YEAR ENDS

“**A**ND a whole year has gone since then,” said Bob, as his eyes met Bettina’s across the little table set for two.

“That’s the queer part of it,” Bettina replied. “That year seems unbelievably short in some ways and unbelievably long in others, and stranger yet, I don’t feel that it is really gone. I feel as if we had it, captured, held forever, with all of its fun and all of its little sad times. We own it, even more than we own a collection of snapshots in a camera book—because that year is a part of us now.”

“And the little hard places only make the bright spots all the brighter by contrast. Do you know, Bettina, that I’ve found you wiser than I ever imagined a young wife could be?”

“Bob,”—and Bettina laughed and blushed at the same time.

“Don’t interrupt. This is our anniversary and I’m making a speech. You are wise because from the first you’ve realized that we get out of life just what we put into it. You’ve faced things. You’ve realized that marriage isn’t a hit-or-miss proposition. It’s a business——”

“A glorified business, Bobby. Dealing in materials that can’t all be felt and seen and tasted, but that are, nevertheless, just as real as others. More truly real, I sometimes think. I know that the more love we give the more we receive, but we can’t forget that we were given intelligence, too. So we mustn’t turn the rose-colored lights of romance too beautifully low

to let us see the wheels go round. And after all, romance is really in everything that we do lovingly, and intelligently. I find it in planning and cooking the best and most economical meals that I can, and in getting the mending done on time, and in keeping the house clean and beautiful. And—in having you appreciate things.”

“If you knew how I *do* appreciate them!” said Bob. “Let’s make our second year even happier than the first. If that is possible!”

For that anniversary dinner Bettina served:

Broiled Steak	New Potatoes in Cream
Hot Biscuits	Butter
Currant Jelly	
Tomato Salad	
Charlotte Russe	
Coffee	

### BETTINA’S RECIPES

(All measurements are level)

#### Currant Jelly (Five glasses)

2 qts. of currants    1 C-water  
Sugar

Pick over the currants, leaving the berries on the stems. Wash and drain. Place in an enamel preserving kettle and add one cup of water. Cook slowly until the currants are white. Strain through a jelly bag. Boil the juice five minutes in a shallow pan. It is better to boil small quantities at a time, as this makes the jelly much clearer. When the juice has all been boiled, measure, and add an equal amount of heated sugar. Boil three minutes, or until it jells when tried on a cold saucer. Pour into sterilized glasses. Allow to stand in the sun twenty-four hours. Cover with boiling paraffin and put away in a cool, dark place. This recipe makes about five glasses or two and a half pints.

#### Tomato Salad (Two portions)

4 slices tomato, ½ inch thick	⅛ t-celery salt
3 T-chopped green pepper	2 T-olive oil
½ t-salt	2 T-lemon juice
¼ t-paprika	2 pieces lettuce

Mix the salt, paprika, celery salt, olive oil and lemon juice. Beat one minute. Add the tomatoes and green pepper. Place in the ice box for half an hour. Arrange the lettuce leaves on salad plates. Place two slices of tomato on each portion. Pour the oil mixture over the tomatoes.

**Charlotte Russe** (Two portions)

2 t-granulated gelatin	1 C-whipped cream
2 T-cold water	$\frac{1}{2}$ t-vanilla
$\frac{1}{4}$ C-hot milk	4 thin pieces sponge cake
$\frac{1}{4}$ C-sugar	

Place the sponge cakes around the edges of a moistened mould. Soak the gelatin in cold water five minutes. Add the hot milk. Stir until it dissolves. Add the sugar and vanilla. Allow the gelatin mixture to cool. When it begins to thicken, fold in the cream. Beat until the mixture holds its shape. Pour into the mould. Allow to remain two hours in a cold place.

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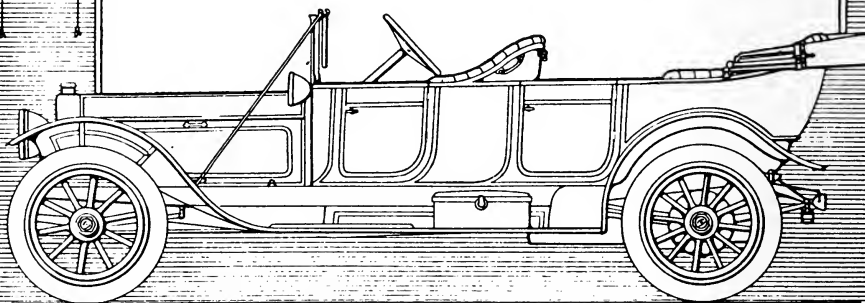
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